

## Complex Trauma: Going Deeper and Case Study

In the second session we will focus on how the counsellor listens to trauma and enters in more deeply into the experience of abuse. A case will be presented for discussion.

**Diane Langberg** is a practicing psychologist whose clinical expertise includes 40 years of working with trauma survivors and clergy. She is director of Diane Langberg, PhD & Associates, a group practice in suburban Philadelphia, Pennsylvania. She is a clinical faculty member of Biblical Theological Seminary where she co-leads the Global Trauma Recovery Institute. She is the author of *Counsel for Pastors' Wives* (Zondervan), *Counseling Survivors of Sexual Abuse* (Xulon Press) and *On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse* (Tyndale House) with an accompanying workbook (Xulon Press), as well as *In Our Lives First: Meditations for Counselors* (Kindle; Amazon) and the forthcoming *Suffering and the Heart of God: How Trauma Destroys and Christ Restores* (September 2015, New Growth Press). She serves on the board of the American Association of Christian Counselors and GRACE (Godly Response to Abuse in a Christian Environment). Her books and many other resources can be found at [www.dianelangberg.com](http://www.dianelangberg.com)

### I. Three Phase Model

#### A. Safety and Stabilization

#### B. Processing of Content

#### C. Connection and Growth

## II. Vicarious Traumatization and Self-Care