Trauma, Regulation and the Therapeutic Relationship

Regulation is not the destination — a free monthly masterclass and shared inquiry.

DATE	TIME	WHERE	FORMAT
Fri 27 November 2026	**19:00 UK · 13:00 Belize**	**Live in the CPD Hub**	**Teaching + inquiry**

THE QUESTION WE WILL HOLD

> How do we work with intensity without reducing therapy to regulation?

> And, from the inside: when a client comes close to the edge, who is it in them that we are regulating?

For a long time the received wisdom in trauma work was to keep the client safely inside the window of tolerance and to steer around anything that might trigger them. It took years to see the cost. A therapy that only keeps people safe can quietly collude with the very contraction that keeps the trauma locked away. The life gets smaller, and the trauma never gets close enough to be worked through.

So the question moved to the **edge** of the window: close enough for what has been held at bay to come alive in the room, without tipping over into re-traumatisation. That is where this evening begins. At that edge, regulation is never only a technique. It happens between two nervous systems, and it tends to replay the earliest experience of being regulated, or not regulated, by someone else. The adult in the chair carries a much younger person inside, with old fears of being dropped, missed or overwhelmed. What happens between us at that moment is part of the work, not a problem to be managed before the work can start.

BEFORE WE MEET

Nothing is required to take part — you are welcome simply to arrive and listen. But if you would like to come with the ground already turned over, these are worth sitting with. They are not homework; they are the questions the session will meet you in.

01 Bring to mind a moment when a client's distress rose and you moved quickly to calm it.

Whose discomfort were you regulating? What might have happened if you had stayed with it a little longer?

02 Think of a client whose world has become smaller in order to stay safe.

Where in your work together might the therapy have joined that contraction, rather than invited the life back in?

03 When a client comes close to the edge, how do you sense how far is far enough?

What in your own body tells you, before you have words for it?

04 Recall a moment when you felt you had let a client down, dropped them, or missed them.

Could that moment have been an old regulation story arriving in the room, asking to be met rather than repaired?

HOW TO TAKE PART IN THE INQUIRY

The second half works best held as a shared inquiry rather than a sequence of unrelated questions. You are welcome to bring a clarifying question about a concept or distinction from the teaching; a practice question — a clinical dilemma, supervision-style, with identifying details disguised; or simply a reflection on what the material stirred in you.

You can type questions into the chat during the session, or send one in advance when you register — Michael reads them beforehand.

CONFIDENTIALITY

When bringing clinical examples, please remove or disguise anything that could identify a client. What is shared in the room stays in the room. The session is recorded, and nothing identifiable is published from a recording.

GETTING IN ON THE NIGHT

The evening happens inside the INTEGRA CPD Hub, not on Zoom. If you are already a member there is nothing to do — the reminder reaches you on its own. If you are not, these three steps take about two minutes, and they are worth doing **today rather than at 18:59**.

01 **Join the CPD Hub.** Free, about a minute. Use the same email you used to register, so Michael can connect your question to you in the room. hub.soth.co.uk

02 **Find the Monthly Masterclasses channel.** It is where every one of these evenings lives, with its own event and its own reminders.

03 **Open the 27 November event** and join from 18:45, fifteen minutes before Michael begins. It opens once you are signed in.