

WORKING WITH TRAUMA - PRACTITIONER TRAINING

1. PROGRAM OVERVIEW

This 10-day program is aimed at qualified practitioners and therapists who expand their therapeutic approach. The framework and content have been specifically designed to offer participants skills and knowledge around key aspects of trauma and provide practical insight into the different modalities of therapy that can be offered to a client on their recovery journey.

What participants will be expected to gain from attending this program:

1. Understanding of the TDS Methodology
2. Appreciation of Trauma presentation
3. Understanding of how neuroplasticity supports trauma recovery
4. Strategies for helping a client to remain regulated
5. Appreciation of different therapeutic approaches to working with Trauma
6. Delivering an integration presentation
7. Understanding of how self-bias impacts therapeutic relationships
8. CPD Points
9. Group Supervision
10. 2-Day Practitioner Self-Care Retreat

2. PROGRAM FRAMEWORK

The program will be delivered in two parts to allow for integration and practice.

The Initial five days provides group-centred, facilitated learning around program objectives 1-4. Each session will have a theoretical and a practical component with participants working in pairs, or as small groups. Case studies will form a key element to the program in order to support learning and expansion of theoretical components.

Day 5 – 10 will occur 4 – 6 weeks post day 5, and will include a weekend retreat to create awareness around self-care. The focus of the second week is to introduce a range of therapeutic methodologies that can be highly effective when working with trauma clients and support practitioner participants to develop much greater self-awareness and self-care. Participants will be expected deliver a presentation on how they have incorporated their learning from Day 1- 5 into their client sessions – This element will form a major part of the overall assessment to obtain CPD points.

The program will incorporate on-going assessment to allow the participant to demonstrate integration and application of the skills and knowledge acquired.

3. PROGRAM OBJECTIVES

Exploring, recognizing and building awareness of the different types of trauma

Examine and gain an understanding of how trauma impacts the brain and how, with neuroplasticity, the brain can heal from trauma

Build awareness of how with traumatic events, the body goes into fight or flight mode - the impact of stress and how to shift your clients to engage their rest and digest - parasympathetic - nervous system

Resilience and attachment theory - Understanding why some people are affected more than others who experience similar traumatic events

Understanding the difference between complex and simple trauma

Increase understanding of the therapeutic approaches to working with trauma, such as somatic therapy, gestalt therapy, psychotherapy, mindfulness, resource therapy, equine therapy, emotion focused therapy

Gain an understanding of Post-Traumatic Stress Injury and how this can be shifted to post traumatic growth using positive psychology

Identify potential issues of transference and counter transference when working with clients who have complex trauma.

Learn strategies and be able to demonstrate ways to support your client to self-regulate

Understanding of the consequences of resentment and learn ways to support your client to be in the NOW and let go of the past.

Reflect on clinical practice and the personal impact of working with clients who have experienced trauma

Learn strategies for maintaining your own mental and physical wellbeing

4. PROGRAM FACILITATORS

The program will be delivered by two qualified therapy practitioners who hold relevant qualifications in the subject matter and have jointly specialised in trauma work and group facilitation for over 30 years.

5. PROGRAM FRAMEWORK AND SESSION STRUCTURE

Program	Key Learning Objectives	Description
Day 1	<p>Understanding Trauma Identifying signs of Trauma Learn the key differences between Simple & Complex Trauma Understanding how gender may affect presentation</p>	<p>An introductory day to review and deepen knowledge around Trauma and its' presentation. Learning about the key differences between Simple and Complex Trauma and the adult manifestation from trauma in early childhood. Developing an understanding that gender may influence the presentational aspects of trauma.</p>
Day 2	<p>Learn how trauma changes the brain Appreciate how trauma resides in the body Understanding the key aspects of Neuroplasticity</p>	<p>A day of exploring the impacts to brain of a trauma victim and how the body stores trauma memories and the impacts that may have to a client. Learning how Neuroplasticity can play a huge part in supporting trauma recovery.</p>
Day 3 & Day 4	<p>Develop understanding and application of different therapeutic approaches to working with trauma, such as;</p> <ul style="list-style-type: none"> ▪ Somatic Therapy, ▪ Gestalt therapy, ▪ Mindfulness, ▪ Resource therapy, ▪ Equine Assisted therapy and ▪ Emotion-focused therapy 	<p>Over two days, participants will be introduced, experientially, to 6 different therapeutic modalities known to be beneficial when working with trauma victims. Using case-studies and working in pairs the participants will review, practice and evaluate the key benefits of each modality. How these modalities can be integrated with CBT/CPT on the clients' therapeutic journey</p>
Day 5	<p>Learn strategies to help the client to self -regulate Understanding how clients get stuck in their story Learn techniques to help the client 'let go'</p>	<p>The initial 5 days concludes by providing participants with strategies to support clients to shift from Post Trauma into Positive Growth. Complete an hour written assessment.</p>
ONE MONTH BREAK FOR INTEGRATION, PRACTICE, SUPERVISION & DEVELOPING A PRESENTATION		
Final Weekend Retreat	<p>Deliver an integration presentation on the application of learning from initial 5-day program Understand how our view of the world and our unconscious bias may be impacting the therapeutic relationships. Learn different wellness techniques</p>	<p>The focus of the weekend retreat is to expand practitioner self-awareness and provide assessment on the level of integration (at an individual level) that has taken place since Day 5. Through experiential exercises participants will be given the opportunity to expand their self-awareness around holistic wellbeing.</p>



CENTRE FOR INTEGRATED
TRAUMA THERAPY

	Understand the benefits and need for regular and ongoing supervision	
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