

WORKING WITH TRAUMA & PTSD

Dates: Monday 13th and Tuesday 14th November, Monday 20th November and Monday 4th December 2017

Time: 10.00am until 4.00pm

Location: The Counselling and Family Centre, 40 Mayors Road, Altrincham, WA15 9RP

Trainer

Penny Bullock, MBACP (Snr. Accred.), Post-Grad Certificate in Supervision of Counselling, MSc Psychological Trauma (distinction). Penny has worked as a senior counsellor within the NHS for 15 years, working with both adults and young people. She currently specializes in trauma work. She has also worked as a school counsellor. Penny has been a Supervisor for over 10 years working for different agencies and in private practice. Additionally, Penny delivers training in working with trauma, using creative approaches in counselling and supervision, cyber bullying and suicidal ideation.

Who is the course for?

This course is suitable particularly for counsellors and therapists. It will also be a valuable resource for those that manage or pastorally care for staff who are working with trauma.

(This is a non-accredited programme that will deepen the understanding of trauma and its impact, and develop further skills in working with people affected by trauma and PTSD).

Aims Of the course

- To explore the historical context for PTSD
- To have an overview of different psychological models for PTSD
- To understand the psychological, physiological and neurological processes associated with PTSD
- To learn how to respond therapeutically to trauma presentations, and incorporate a framework that can be adapted within your therapeutic approach
- Complex trauma: working with survivors of abuse, introduction to dissociation
- Cultural issues
- To experience relaxation and visualisation techniques that can be used when working with trauma
- To be aware of safety and timing in trauma work and understanding indicators of recovery and resolution
- To experience creative approaches in trauma work
- Time for self-reflection and casework reflection
- Supervision and self-care

Continuing Professional Development hours: 24 hours

COST

Cost: £370

Non-invoice bookings: 25% of the total cost is payable on booking to secure a place. The remaining 75% is payable 14 days before the start of the course. Deposit non-refundable.

Cheque: please make payable to The Counselling & Family Centre. Card: please telephone 0161 941 7754 to make a card payment. BACS payment - HSBC: Account Name: The Counselling and Family Centre Sort Code: 400822. Account No: 61715429.

Invoice Only: please give details of whom & where to send to. Full payment required to secure booking. 75% refundable in cases of cancellation if cancelled more than 14 days before course date.

Tea and coffee provided. Our café will be closed on these days so you may want to bring a packed lunch.

For further information or to book the course please call: 0161 941 7754 or email sarah.barker@thecfc.org.uk