

WORKING WITH TRAUMA.....The Body Remembers

Date

Saturday 23rd September 2017

Time

10:00am – 4:00pm

Location

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

Trainer

Elaine Leonard

Elaine is a registered British Association of Counselling & Psychotherapy counsellor and counselling supervisor. She has extensive experience of working therapeutically with children, young people and adults in organisations, schools and in private practice. Elaine is an experienced trainer and group facilitator and is a supervisor at The Counselling and Family Centre.

Who is the course for?

This course is suitable for counsellors, therapists and others who open their hearts and minds to the pain of traumatised people. Those that manage or pastorally care for staff who are working with trauma will find this course a valuable resource. Health professionals across the board, adoption and fostering professionals and carers.

Aims of course

1. An introduction to the Babette Rothschild 8 Keys to Safe Trauma Recovery. By the end of the day you will have a clear understanding of the 'common sense' approach to recovering from Trauma.
2. To give the trainee an overview of Post-Traumatic Stress Disorder and the impact of trauma on the body and mind. By the end of the day you will have a better understanding of bodily sensations and how and why they are experienced by those who have been through traumatic incidents.
3. To look in detail at compassion fatigue, so called secondary vicarious trauma, signs to watch out for in the helper, and self-care strategies for managing burn out and stress. By the end of the day you will have a clear idea of how to actively help yourself to maintain your mental health and overall wellbeing whilst maximising your competency with others.

CPD hours: 6

Cost £95

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. Light refreshments including sandwiches available from our café or bring a packed lunch.

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