

Training and  
Development

## WORKING WITH TRAUMA & PTSD

(4 Day Programme)

### Who is this workshop for?

This course is suitable for qualified counsellors and psychotherapists.  
(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.)

**Time:**  
10.00am  
to  
4:00pm

### 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
- To understand how to work with complex trauma: working with survivors of abuse, introduction to dissociation
- To explore 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

### Date:

March 2018  
Friday 2nd Mar  
Friday 9th Mar  
Saturday 10th Mar  
Friday 23rd Mar

### Trainer

Penny Bullock

MBACP (Snr. Accred.), MSc Psychological Trauma (distinction), Post-Graduate Certificate in Counselling Supervision. Penny has worked as a senior counsellor within the NHS for 15 years, working with both adults and young people. She currently specialises in trauma work and has an interest in research. Penny has been a Supervisor for over 10 years working for different agencies and in private practice.

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

Tea and coffee provided. Light refreshments and lunch are available from our café or bring a packed lunch.

**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.*

*For further information or to book the course please call: 0161 941 7754 or email [sarah.barker@thecfc.org.uk](mailto:sarah.barker@thecfc.org.uk)*