

WORKING WITH POST-TRAUMATIC STRESS DISORDER

**A training day for counsellors and those working in pastoral care
led by John Cairns**

**on: 25th March 2011 - WHOLE DAY
and 15th April 2011 - HALF DAY
at St. Mary's Church, Peterborough**

The structure of the workshop will follow a parallel process to that of working with trauma in that John will touch on understanding trauma and issues around flashbacks and nightmares.

Outline programme

Day 1

John will introduce material using role play exercises, and explore specifically:

- ✓ Progressive Visualisation techniques
- ✓ hot spots
- ✓ working with periods of post/pre trauma amnesia.

Throughout the day he will touch on dissociation and body memory issues and will facilitate discussion on the "toolkit" and "detective" approach to working with both "simple and complex" trauma.

Day 2

John will provide an opportunity to consolidate and practice skills and there will be an opportunity to receive trauma supervision where appropriate. Programme details will be made available on 25th March

Handouts of the PowerPoint slides will be provided.

Profile of trainer

John works with trauma survivors in an integrated way using Affect Management Skills, Progressive Visualisation, Eye Movement Desensitisation and Reprocessing (EMDR), BioLateral Sound, Trauma Focused CBT techniques and Sensory-motor Psychotherapy.

Following a career in the Royal Air Force, John has been in private practice as a Counsellor/Trauma Therapist since 1994. In 1997 he decided to specialise in working with individuals, families and groups who were the survivors of traumatic and critical incidents.

He has extensive experience working with the survivors of road traffic accidents, rail disasters, military personnel, robberies, attacks and all forms of abuse. Until recently he was an independent member of an NHS Prison In-Reach Mental Health Team and is retained by the Eastern England Ambulance NHS Trust to recruit and train their Staff Support Scheme Counsellors.

Programme

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|--------------|--------------------------------------------------------|
| 9.30 - 10.00 | Arrival and coffee |
| 10.00am | Session 1 |
| 11.30am | Break |
| 11.45am | Session 2 |
| 1.00pm | Lunch - participants are asked to bring a packed lunch |
| 2.00pm | Session 3 |
| 3.00pm | Break - and completion of evaluation forms |
| 3.15pm | Session 4 |
| 4.00pm | Depart |

The Training Venue

The training event will take place at St. Mary's Church Centre, Peterborough, PE1 1TT - pedestrian and disabled access is from New Road. Please see: <http://www.peterborough-stmarys.org.uk/> for road and route map. The centre offers excellent training facilities with toilet and refreshment facilities on the ground floor.



Car parking: City Council car parks are in very close proximity and the walk from the City centre takes about five minutes.

Location

Please location map below:

If travelling by car, best access route from A1 north/south is from Junction 17 onto A1139 Exit at signs for 'Cathedral' and 'Showcase cinema'
Proceed along Boongate (see map) for St Mary's situated at Boongate roundabout



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