

Introduction to Trauma

3/6 hour session

This training aims to give participants a deeper understanding of trauma, how humans respond to traumatic events and the continuous mental and physical health issues linked to trauma.

The training looks at the various routes and causes of trauma, whether singular or multiple, as well as the biological and neurological effects of trauma on the body, development and brain function.

We enable participants to better understand and empathise with those who have experienced trauma through exploring trauma responses, and introduce how we can support others to heal from their experiences whilst also looking after themselves, working within this difficult field.

We support participants to deepen their awareness of working with trauma to enable them to embed trauma informed practice.

Aims and objectives:

- Introduce different types and routes of trauma.
- Understand the neurology behind trauma and different trauma responses.
- Gain awareness of how to be trauma informed in your practice.
- Introduce the impact of working with trauma and understand how to look after ourselves.

Full day or half day options, for up to 40 participants. Contact us:



02392 669513



parcs@family-action.org.uk



PARCS - Portsmouth Abuse & Rape Counselling Service - is a free specialist counselling and psychotherapy service for people who have experienced sexual and/or domestic abuse.

www.family-action.org.uk/parcs