

## **Developing Safer Trauma Informed Practice**

This two day training workshop, which is based on the work of Babette Rothschild will explore trauma and equip participants with knowledge and tools to ensure safe trauma informed practice in their work.

### **Specifically the workshop will**

- Demystify trauma and expand participants' knowledge and understanding in relation to this.
- Explore the foundations and goals of safe trauma therapy
- Emphasise the need to ensure that stabilisation and safety are prioritised when working with traumatised clients.
- Equip participants with guidelines to help them assess who might benefit from processing trauma memory and when.
- Explore empathy and its relevance to trauma informed practice
- Highlight the risks associated with vicarious trauma and compassion fatigue and propose tools to protect against this.

### **Following the 2 days participants will**

- Understand the importance safety and stabilisation as the core foundation to all trauma practice.
- Have a greater understanding of the autonomic nervous system and how it can be impacted due to trauma.
- Be better able to interpret and support the regulation of their own and their clients' arousal levels.
- Have learned how to assess who might/might not benefit from processing trauma memories.
- Have obtained tools to support clients to reduce and stop flashbacks and manage nightmares.
- Have expanded on their skills to support all clients (regardless of the modality they work from).
- Have knowledge and tools to help minimise the risk to them of vicarious trauma and compassion fatigue.

### **Who might benefit from attending this workshop?**

This seminar is targeted for counsellors, therapists and anyone working in a helping or healing profession who wishes to learn about trauma and how to work safely with those who have suffered trauma.