

1ne DAY seminars

INTO THE LIGHT

95% of people attending our training seminars since 2005 said the seminar fulfilled their expectations

95% of people attending our training seminars since 2005 rated the Trainers as 'Good', 'Very Good' or 'Excellent'

Venue:

Online or
in person

Fees:

We can be
flexible – we
understand
about funding
challenges

Feedback from services and seminars

"The training was very good.... and provided thought provoking feelings about own past experiences... I'm very pleased with the outcome"
Centre Manager

"Handouts were brilliant, in depth and full of good reading for later"
Conference Delegate

"There was a very positive response to the training from our counsellors"
Counselling Service Director

One Day Seminar on Training In Trauma Informed Practice and Trauma Skills

"Supporting survivors of trauma and growing ourselves"

This seminar is available for organisations, counselling services and social and care groups as a whole or half day course – or can be tailored for individual requirements. The seminar provides a foundation in understanding Trauma Informed Practice and how we can effectively support those who have experienced trauma.



Topics covered include:

Six Principles Trauma Informed Practice
Three Phases of Trauma Informed Practice
Emotional regulation,
Working with triggers and flashbacks
Correct time for processing, care for client and counsellor during disclosure
Self Care for Counsellors
Avoiding secondary trauma

Seminar aims:

- Gain knowledge and skill to help clients who have experienced trauma
- Gain Information on Six Principles of Trauma Informed Practice
- Gain information and skill on the Phased Approach to Trauma Counselling
- Pass on information to clients where appropriate
- Taking care of ourselves and preventing Secondary Trauma
- Identify own feelings around issues of trauma in order to set them aside where appropriate with clients

The core theoretical model is integrative. The seminar is interactive – as well as presentations and information giving – the seminar gives room for sharing experiences and feelings in both the whole group and in small groups. It is underpinned with a therapeutic approach and is trauma informed. We aim for a friendly and supportive space where we learn together.



Visit intothelight.org.uk or email info@intothelight.org.uk to book and to find out more