

The Body Keeps the Score

Working Therapeutically with Trauma



Friday 8th November 2024

This face-to-face training has been developed for counsellors and therapists who work with clients who have suffered trauma in their lives and are now ready to work therapeutically with the trauma.

The training will enable professionals to feel more confident in providing safe therapeutic support for teenagers & adults by using effective trauma-focused interventions.

The training delivery aims to be informative, interactive and creative.

We will aim to cover and / or discuss the following:

- ❖ Understanding trauma & PTSD
- ❖ How the body keeps the score
- ❖ Assessing for trauma
- ❖ Signs & symptoms
- ❖ Stability & emotional safety
- ❖ Interventions for working with trauma
- ❖ The effects on mental health

Training facilitators: Martin Chester & David Archard are both qualified and experienced counsellors and members of BACP. They aim to provide a positive supportive learning environment whilst honouring the participants individual learning styles.

Date: Friday 8th November 2024

Timing: 10am to 3.30pm

Cost: £75 (including tea, coffee and snacks)

Booking: To reserve a place on this training please fill in the booking form below

Therapeutic Creative Solutions

C/O LIFE-FORCE Centre, 3 East Hill, Colchester, Essex, CO1 2QL

Telephone: 07710 763100 E-mail: psychodynamic@hotmail.co.uk



The Body Keeps the Score

Working Therapeutically with Trauma

Booking Form

Choose a payment option and make a payment by bank transfer (BACS) to:

David Archard (business account), HSBC Bank

Sort Code: 40-18-00

Acct: 50672858 (Please use your initials as the payment reference)

Fill in the form below and send the booking form by email or post to the address below to secure your place

- I have paid £25 deposit by bank transfer & balance of £50 will be paid.....
- I have paid £75.00 by bank transfer
- Invoice needed to activate payment

NB. The £25 deposit once paid to reserve a place is non-refundable, unless the training is cancelled due to unforeseen circumstances.

Candidate's Name:

Contact Telephone:

Contact Email:

Organisation/Role:

Counselling/Professional Qualification & Year:.....

Any Additional Requirements:.....

Please email the completed booking form to David Archard at Archard7.2@outlook.com

All personal details & information supplied on this form will be deleted appropriately by digital deletion and/or double cross shredding, within thirty days of completing the training and the information will not be used for any other purpose.

Therapeutic Creative Solutions

C/O LIFE-FORCE Centre, 3 East Hill, Colchester, Essex, CO1 2QL

Telephone: 07710 763100 E-mail: psychodynamic@hotmail.co.uk

