

# Understanding Trauma

April 2020

## INTRODUCTION

Traumatic events confront human beings with the extremities of helplessness and terror, disrupting the ordinary systems of care that afford us a sense of control, connection, and meaning (Herman, 1992). The importance of evaluating the effects of trauma is critical and has substantial implications for case-formulation and treatment planning in therapy (Cloitre, et al., 2009). Therefore, before mental health practitioners can work in depth with a client's trauma they need an understanding of what trauma is and how to engage with it safely. This two-day workshop will look at those initial requirements.

## COURSE CONTENT

- Understand the key components of psychological trauma
- Be able to identify the many sources of trauma
- Know the difference between developmental trauma and traumatic injury
- Recognise the many symptoms of trauma
- Have a good understanding of the physiology of the brain and its role in trauma
- Understand the reaction of trauma clients
- Recognise the body's role in trauma and use some basic body-orientated techniques to help the body do this safely
- Appreciate the immediate & long-term effects of PTSD
- Be introduced to why talking therapies may not help in this initial stage of trauma work
- Start to work with establishing safety through resourcing & boundary setting
- Understand the concept of the 'window of tolerance' and its importance
- Understand the "three trauma types" of clients and the implications for therapy

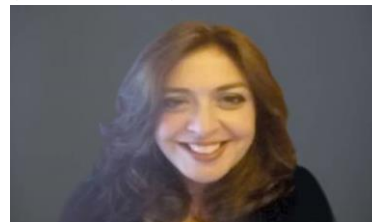
## WHO SHOULD APPLY

This workshop is for mental health practitioners interested in learning more about the subject area.

## FACILITATOR

### Patricia Allen-Garrett

BSc (Hons) Psychology, Dip Counselling & Psychotherapy, (MIAHIP, ECP)



Patricia works as a humanistic and integrative psychotherapist in private practice and in a community setting, and is also engaged in group work with people who have attempted suicide. She has been involved in the training of counsellors since 2008 and has particular interest in both trauma and bereavement.

## AWARD

Certificate of Attendance and Participation

## CPD

12 Hours

## COST

€180

15% discount for IICP Students / Alumni and VCS Counsellors: €153

## VENUE

IICP College, Tallaght, Dublin 24

## DATE & TIME

Thursday, 02 April 2020

Thursday, 09 April 2020

9:30am – 4:30pm

## APPLY

Visit us online:

[www.iicp.ie/cpdcourses/understandingtrauma](http://www.iicp.ie/cpdcourses/understandingtrauma)

## OR

Complete the application form overleaf

# Application Form

Please note, in order to process your application, all fields need to be completed.

PLEASE USE BLOCK CAPITALS

## PERSONAL DETAILS

First Name:	Surname:
Name as it should appear on certificate (if different):	
Address:	
Mobile No.:	E-Mail Address:
Occupation:	
IICP Student / Alumni or VCS Counsellor (yes/no): (if yes, state course or student number):	

How did you find out about this Course? Please tick the appropriate box below:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Activelink             | <input type="checkbox"/> Newspaper Advertisement | <input type="checkbox"/> Professional Body |
| <input type="checkbox"/> Google/Internet Search | <input type="checkbox"/> Online Course Directory | <input type="checkbox"/> Social Media      |
| <input type="checkbox"/> IICP Mailing List      | <input type="checkbox"/> Personal Recommendation | <input type="checkbox"/> Other             |

If other (please specify):

## PAYMENT METHODS:

**Online:** pay securely online at [www.iicp.ie/product/understandingtraumaapr20](http://www.iicp.ie/product/understandingtraumaapr20)

**Debit/Credit Card:** contact the office on 01 466 4205

**EFT Payment:** *BIC/Swift Code* - AIBKIE2D *IBAN* - IE16AIBK93213212752502

**Cheque/Postal Order/Bank Draft Enclosed:** make payable to IICP Education and Training Limited

**Cash Enclosed:**

Please note that bookings operate on a first paid, first secured basis so please book and pay promptly to avoid disappointment.

I wish to apply for this course:

Signed:	Dated:
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All programmes are run subject to sufficient demand and the formation of a viable class cohort (which shall be determined in the sole discretion of IICP College). A refund of any fees paid will be given to applicants in the event that the programme does not proceed. Fees are not refundable in any other circumstances.

Receipts will be made available to you/your organisation on receipt of payment. Please note all fees are due in advance of programme commencement.

IICP College would like permission to retain your contact details including your mobile number and email address which may be used to keep you informed about our future courses, events, offers and news.

To receive such information, please tick the box. You can unsubscribe at any time.

Completed forms can be emailed to [Triona@iicp.ie](mailto:Triona@iicp.ie) or posted to Triona Kearns, Director in Registry and Operations, IICP College, Killinarden Enterprise Park, Tallaght, Dublin 24. Alternatively, completed forms may be dropped into the IICP College office in person.