



TRAUMA AWARENESS

UNDERSTANDING TRAUMATIC STRESS

Monday 24th September 9.15am - 12.45pm

Easton Business Centre, Felix Road, Easton, Bristol, BS5 0HE

This seminar has been designed for staff, support workers and volunteers working with individuals in the trauma services, for example Social Care, Refugee services ESOL, Counselling.

The training aims to provide an opportunity to learn and reflect on trauma within a safe and supportive environment

Part 1

- Understanding traumatic stress
- How to recognise the noticeable signs of being “triggered” by trauma memories
- Practical and helpful ways of offering support with case studies.

“Incredibly useful. Wholeheartedly recommend this course to all organisations”

“Great relevance to work”

“Engaging and informative”

“Good balance of theory and interactive exercises”.

Part 2: Monday 22nd October 9.15am-12.45pm

How to identify presentation of the threat response cycle of Fight, Flight, Freeze and Fold (collapse).

Fee: £45.00 per session

Please contact Rissa Mohabir

rissa.mohabir@gmail.com

www.trauma-awareness.com

Rissa Mohabir, trainer and practitioner for over 28 years teaching extensively in the UK and internationally. She draws on post graduate studies from the Somatic Experiencing Trauma Institute (New York). Trauma Awareness Training was piloted with Barnados (Bristol) and NHS Bristol Helpline.