



*'An Introduction to Working with Trauma' training events*

Thursday 23<sup>rd</sup> November 2023

Wednesday 17<sup>th</sup> January 2024

Friday 8<sup>th</sup> March 2024

09:30 – 4pm, Via Zoom

*This one-day online workshop is aimed at practitioners working with people in the community, education and health services. It will look at how you can spot the signs and symptoms of trauma in the people you work with and explore how the impact of those traumatic experiences on individuals can manifest in difficult behaviours. It will highlight the recent thinking about the links between our survival system (Fight/Flight/Freeze) responses at the point of trauma and how our brain can respond to things in the here and now as if we are in danger. It will present a framework in which you can safely work with trauma and consider how, why, and when you can refer on to specialist services.*

*How we look after ourselves when working with an increasingly complex client's group will also be explored to ensure that we stay engaged and passionate about our work without the risk of burn-out or secondary trauma. Alison is a Supervisor, UKCP accredited Psychotherapist, Certified Transactional Analyst and Senior Lecturer. She works in private practice in Bournemouth, Bournemouth University and for the Sexual Trauma and Recovery Service (STARS) in Dorset.*

These training events are for Dorset based professionals who work and support vulnerable and complex clients, as well as those supporting professionals, to gain a greater awareness.

**\*We are offering a special subsidised rate of £55 per person, down from £125 per person. If you do a group booking of five people, the sixth person goes free!\***

There are a limited number of tickets at this rate for each date so please book early if you are interested. You can do so by emailing Kyra at [training@starsdorset.org](mailto:training@starsdorset.org).

*Please note – invoices will be sent once payment has been received. You will receive a link for the training nearer the date.*

*Please refer to our cancellation policy when purchasing tickets which can be found on the STARS Dorset website.*