

How to Become a Trauma Wise Practitioner: The Use of Trauma Informed Practice: Video Course

Christiane Sanderson

Video Course
CPD/CE credits: 5

Price: £135



Online video access remains available for 1 year from the date you receive the video course.

This training day will introduce the fundamental principles of trauma informed practice which can enable clinicians to become trauma wise practitioners. The emphasis will be on how trauma informed practice acts as a scaffold for the primary model used by practitioners to aid their work when working with complex trauma, PTSD and C-PTSD. We examine:

- The importance of **titrating exposure to trauma work** by employing a three phased model which ensures stabilisation before processing traumatic experiences and moving towards integration
- The use of psychoeducation, grounding skills, and affect regulation to **widen the Window of Tolerance – so as to facilitate somatic safety** and distress tolerance when processing traumatic experiences
- Tried and tested techniques to manage trauma symptoms, flashbacks, intrusive memories, nightmares, dissociation and shame will be highlighted and evaluated
- Emphasis will also be placed on using both top down and bottom up processing skills and sensorimotor techniques, considering **how we can make trauma safe adjustments to body focused techniques** such as breathing, mindfulness and body scans
- The importance of integration and reconnecting to self and others will be highlighted, and we will look at examples that show how this can be facilitated through the therapeutic relationship to allow for post traumatic growth

Through a range of experiential exercises participants will have the opportunity to familiarise themselves with psychoeducation skills, grounding skills, and sensorimotor techniques, and practice how to apply these. In addition, they will be able to explore how to **create a customised recovery toolkit not only for their clients but also for themselves as part of their own self-care**. Equipped with this, they will be able to facilitate post traumatic

growth for their clients as well as minimise vicarious traumatisation and compassion fatigue to ensure they are able to remain present and embodied when working with survivors of complex trauma, PTSD and C-PTSD.

Specifically, we cover:

- The fundamental principles of trauma informed practice to become a trauma wise practitioner
- The three phased model: Stabilisation, Processing and Integration
- The use of top down and bottom up processing techniques
- Psychoeducation and how to deliver it
- Grounding skills using sensory stimuli
- Affect regulation and window of tolerance
- Body focused techniques and trauma safe adjustments
- Somatic safety and managing trauma symptoms
- Processing and integration
- Creating a customised recovery toolkit
- Relational skills and the therapeutic relationship
- Practitioner self-care strategies to minimise vicarious traumatisation
- Practitioner vicarious post traumatic growth

About the speaker

Christiane Sanderson BSc, MSc is a senior lecturer in Psychology at the University of Roehampton, of London with 30 years of experience working with survivors of childhood sexual abuse and sexual violence. She has delivered consultancy, continuous professional development and professional training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the NSPCC, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, SOLACE, the Refugee Council, Birmingham City Council Youth Offending Team, and HMP Bronzefield. She is a regular speaker at nscience and delivers workshops covering topics ranging from *Sexual Violence and Domestic Abuse to Complex Trauma*. She is the author of *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition, *Counselling Survivors of Domestic Abuse*, *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths*, *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* and *Numbing the Pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addictions* for the charity One in Four for whom she is a trustee.



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Questions and requests for information: customerservices@nscience.co.uk

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