

“Working with trauma in the counselling room”

Continuing Professional
Development Workshop

About Network Counselling and Training

An organisational member of the British Association for Counselling and Psychotherapy (BACP), Network has been established as a counselling and training agency for 30 years - offering **affordable counselling** to all alongside a person-centred integrative counselling training programme.

Network Training offers **two introductory courses** in listening skills/counselling, one of which can also be delivered to outside organisations in a flexible workshop format to meet their specific training needs.

Network also offers a one-year part-time **Advanced Certificate in Counselling Skills**, accredited by the National Counselling Society (NCS), and a two-year part-time **Diploma in Counselling**, accredited by The British Association for Counselling and Psychotherapy (BACP).

In addition to the Certificate and Diploma level counselling training programme, Network Training also offers a full programme of Continuing Professional Development for counsellors and other professionals in the form of short courses and workshops on a range of specialist topics.

For further information about Network please visit our website – www.network.org.uk

led by Tanya Orr

Saturday 30th March 2019

9.30 am - 4.30 pm

Network Training
Elm Park
Filton
Bristol BS34 7PS



'Working with trauma in the counselling room'

Introduction

Do you ever wonder why some clients get stuck more, seem less able to retain information and try out changes than others?

Do you ever feel like you are "missing something" when working with a client?

Do you ever get overwhelmed with feelings when working with a particular client?

These MAY be indicators that you are working with trauma.

In this training day we will explore:

- What is trauma
- Ways to recognise trauma
- Different ways to work with trauma
- Resources we can share with clients
- Some information on attachment and dissociation can impact counselling clients who have experienced trauma.

The day will be a mixture of teaching, individual reflection and group discussion based around research and my own experiences of being a counsellor, supervisor and agency director.

The Facilitator

Tanya Orr is a qualified and accredited counsellor, supervisor and trainer who holds a particular interest in trauma, attachment and dissociation.

Following her curiosity of the impact that trauma has on the body, she decided to train in Sensorimotor Psychotherapy. She has since integrated this approach into her counselling model and has found this provides profound hope for those struggling with trauma.

Whilst in Northern Ireland with her family, Tanya co-established an agency 'Restore Counselling' based in Belfast. She is currently the Executive Director of 'The Willows Counselling Service' in Swindon, Trustee of the 'Swindon Counselling and Psychotherapy Network' and chair of 'tag' (trauma and abuse group).

Venue

The Oak Room, Network Counselling & Training, Elm Park, Filton, Bristol BS34 8PS

Refreshments

Tea, coffee and biscuits will be provided during the day. Please bring your own lunch. There are a number of convenience stores and food outlets in the neighbourhood.

Cost

The cost of this workshop is **£80 per person** - or **£50 per person** for students, volunteer counsellors and volunteer supervisors. *"Early bird discount" of £10 for bookings made and paid for by Friday 15th February 2019.*

Cancellation policy

Please note that we require a minimum of **seven days' notice of cancellation** before the day of the workshop, otherwise the full fee will be payable. No part of the fee can be refunded for non-attendance on the day.

Booking a place

Booking form either with this flyer, or downloadable from our website www.network.org.uk Payment by either cheque or BACS.

Please return your completed form to:

The Training Coordinator
Network Counselling & Training Ltd
Elm Park, Filton, Bristol BS34 7PS

or by email to:

training@network.org.uk

For further information:

telephone: 0117 950 7271

IF YOU HAVE ANY ACCESS OR SPECIAL REQUIREMENTS, PLEASE ADVISE US IN GOOD TIME SO WE CAN TRY TO ACCOMMODATE YOUR NEEDS.