

Trainers will use a variety of training methods including lecture, small group work, inter-active discussion and use of creative activities.

Costs: Each training day incl: coffee & biscuits, lunch, tea & cake: £65 one week in advance. If you are taxed please sign a gift aid form. Please note prices will be held, and payment will only be e-fundable in exceptional circumstances.

Thorpe House provides the ideal training space with good break-out rooms and a range of flexible spaces. There are good ramps to the ground floor. There is an excellent therapeutic and contemporary theological library and you are welcome to make full use of it. You may borrow books for up to one month.



Overnight accommodation and Complementary Therapies are available in Holy Rood House, next door. Why not make a weekend of it—a mixture of training, study, retreat and chill out—pamper yourself! We would be delighted to welcome you.

Holy Rood House, Centre for Health and Pastoral Care provides work and counselling supervision and facilitation of groups. In addition there are trained mediators available and we offer safe and confidential space for conflict resolution.

If you or your group are looking for training in a particular area, such as stress or anger management, mediation, conflict resolution, Indian Head Massage, spirituality and health, mental health and well-being, pastoral and bereavement care—and other areas of your choice, please contact the office: enquiries@holyroodhouse.org.uk



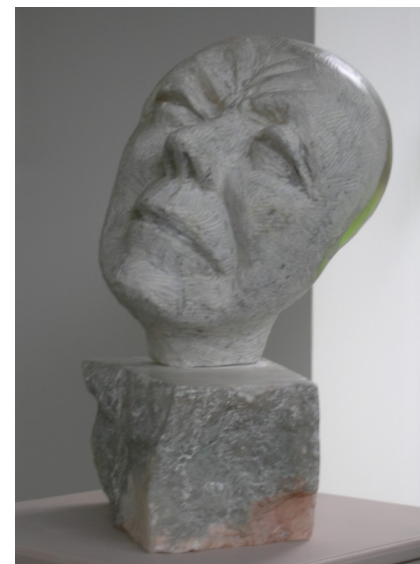
HOLY ROOD HOUSE

Centre for Health and Pastoral Care
Thirsk, North Yorkshire

SATURDAY COURSES ON TRAUMA

2017

FROM 9.30 FOR 10-4PM



'Bald Statements—Good Grief' Sculpture exhibition by Jean Parker

**Open to all, including therapists and other professional workers
CPD Certificates**

For more information and to book contact
01845 522580 or email enquiries@holyroodhouse.org.uk
www.holyroodhouse.org.uk



SATURDAY FEBRUARY 25th

'The Trauma of Sexual Abuse'

Trainer: Helen Proudley UKCP BASRT Accred. Relate and NHS Cllg. Psychological therapies management and supervision.

Helen is an experienced Counsellor, who has worked for 18 years in Psychology Departments in the NHS in Darlington and Stockton. Although she was trained as a Couple Counsellor and generic Counsellor, she has specialised in working with Survivors of Childhood Sexual Abuse, both as individuals and in groups and undertaken additional training with Relate on Psychosexual Dysfunctions and their management.

In addition, Helen is an experienced trainer, and has facilitated training courses for health workers, on sexual abuse & psychosexual dysfunctions and their relationship to mental health problems. Since retirement in 2010, Helen has worked as a volunteer Counsellor, Supervisor and consultant at Holy Rood House and is part of the Clinical Management Team.

This day will look at the emotional and physical consequences of sexual abuse, and examine the specific psychological trauma experienced by its victims and the phenomena of re-victimisation. It will include information on dealing with disclosures and a model for working with Survivors.

Helen works in an informal way, and encourages participants to talk about their own experiences and difficulties with working in this area, though, of course, the confidentiality of clients will be maintained.



SATURDAY MAY 13th

'Spirituality and Trauma' An Embodied Approach

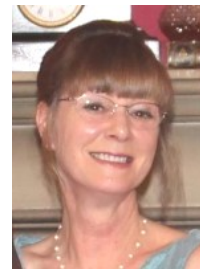
Trainer: Rev Elizabeth Baxter BA MPhil Cert Cllg

Elizabeth is Executive Director of Holy Rood House and an Anglican Priest living in the community. She is a pastoral and feminist theologian and spiritual accompanier, working closely with traumatised people.

Her research relates to therapeutic, spiritual, embodied processes making connections between them. Elizabeth guides and supports individuals and the community towards empowerment and more just ways of flourishing. This day includes use of images & interactive work.

Carter Heyward describes pastoral care as:

'a psychospiritual process of accompanying other persons through hard times, great and small, a process that we experience and recognize as spiritual, emotional, political, and social' (1995: 78)



SATURDAY OCTOBER 14th

**'Trauma is not destined to define us'
A Process response within a person centred framework**

Trainer: Ruth Player BSc (Hons) Combined Health Studies

2000/ Diploma Higher Education in Person Centred Approach Counselling and Human Relations 2009/ Post Grad Cert in Person Centred Supervision 2014 On-going MSc Person Centred Approach Psychotherapy and Applications. Metanoia Institute London. Volunteer Cllr. Holy Rood House.

We are process persons and this impacts on our responses to trauma. Ruth will base her course around Margaret Warner's work on difficult, fragile and dissociative processes, whilst recognizing the scientific evidence through neuroscience, that given certain conditions new Neuro pathways can develop.

An interactive and shared learning group