

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: £70 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 re-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

2018

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 17TH FEBRUARY

'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.



SATURDAY 15TH SEPTEMBER

'Psychotherapy, psychoeducation and neuroscience'

Trainer: Linda Hill BA (Hons), 2000; Dip Couns, 1997; Dip Supervision &
Mentoring, 2003; EMDR Accred Practitioner, 2004; EMDR Accred consultant,
2006

Talking about trauma retraumatizes when people are not resourced enough to
orient towards the pain of what has happened to them without reliving it. When
this happens their nervous system is reacting as it did at the time of the original
trauma and nothing changes. When people can orient towards what has hap-
pened to them whilst enabling their nervous system to react differently then their
history can be processed so that it is not relived in the present. When therapists
invite people to talk about what has happened to them without enabling them to
be sufficiently resourced they are in danger of not only achieving nothing useful
but potentially making things worse.

This training will look at how to explain to clients the way in which the brain and
the body remember trauma and why there is a need for resourcing work. It will
offer a range of ways in which to do resourcing work, that therapists can build on
in their own practice. It will encompass cognitive, emotional, somatic and
spiritual resourcing.

Linda Hill originally trained as a therapist with the Pastoral Foundation in Edin-
burgh in 1994/5). As the Manager and Lead Therapist at Yorkhill Family Be-
reavement Service (working with anyone affected by the death of a child) she
became aware that talking therapy was making some of her clients feel worse.
She trained in EMDR (Eye Movement Desensitisation and Reprocessing) in
2000 and thus began a journey which has included Sensorimotor Psychother-
apy, Brainspotting, Sand Tray Therapy, Lifespan Integration, CRM (the Compre-
hensive Resource Model of trauma therapy). She is a Senior Accredited Mem-
ber of BACP and an EMDR Europe Accredited Consultant. She trained as a su-
pervisor with the Iron Mill Institute in Devon in 2001/2. She has many years ex-
perience of working with Complex PTSD in a variety of settings. She supervises
trauma work within part of the Scottish Prison system, within a residential hospi-
tal working with people with chemical dependencies, with people working with
victims of torture and within the Scottish Rape Crisis network.