

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 includes: 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

2019

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 23rd March 2019

Working with Trauma: Shame and Guilt Perspectives

**Trainers: Loretta Watts MSc UKCP & MBACP
and Brian McMinn MSc MA UKCP Msc Gestalt
Psychotherapy , MA Counselling**

Empathy is about finding echoes of another person in yourself (Mohsin Hamid)

In this workshop we will explore trauma in relation to shame and guilt. Trauma is becoming recognised as being a major factor behind many mental health issues that present to counsellors and other health professionals, such as anxiety, depression, low esteem, etc. Traumatic wounds, especially those from developmental trauma (survival stressors that are prolonged and enduring experiences in early life), are often compounded by shame and guilt; this makes therapeutic work more difficult, as these debilitating reactions often contribute to shame or guilt 'binds'. In this session we will offer some (optional) experiential exercises to 'know' one's own shame and guilt, and will demonstrate some practical approaches to safely explore and alleviate shame and guilt with our clients who have trauma related issues. We work from a Gestalt therapy model and as such our theoretical stance is grounded in the Humanistic approach. Loretta is a qualified Gestalt Psychotherapist and Accredited EMDR practitioner. She has worked for the NHS as a Practice Counsellor for 14 years and is currently working in private practice, in Richmond North Yorkshire, offering both psychotherapy/counselling to clients and clinical supervision to therapists. Brian is an accredited Gestalt Psychotherapist who works part-time for the University of Liverpool and in private practice. Formerly he worked as a lecturer and course leader for Salford University. Brian has a post graduate diploma in contemporary trauma practice. Brian and Loretta have facilitated Gestalt group therapy here at Holyrood House, three weekends a year for the last 8 years. If you would like details please email info@brianmcminn.co.uk



Saturday 6th July 2019

Working with adults sexually abused as children

Trainer: Helen Proudley

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 at Holy Rood House.

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 14th September 2019

The Traumatized Self as a Damaged Mind-Body-Soul Being

Trainer: Dr David McDonald

David is a consultant medical psychiatrist and psychotherapist who has worked with traumatised adults and children in various settings. He is a Consultant and Trustee for Holy Rood House.

The day will start with the impact of Adverse Childhood Experiences on mental and physical health and continue with looking at the effects of significant harm on brain structure and function, and on mind as an expression of self (that has been damaged), emphasising the unitary mind-body-soul model of self. Trauma treatment models will be included in the day and the understanding and treating of the traumatised self as a damaged mind-body-soul being.