

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: £75 and at the time of booking there is a £25 non-returnable deposit. If you are taxed please sign a gift aid form. Contact the office for details and booking: 01845 522580 or enquiries@holyroodhouse.org.uk

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, 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
with The Centre for the Study of Theology and Health
Thirsk, North Yorkshire

SATURDAY COURSES ON TRAUMA 2020

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**



Saturday March 21st

'Introduction to Domestic Violence Counselling'

Trainer: Jeannette Roddy

Jeannette is a registered, accredited counsellor with BACP and has spent the last 10 years conducting research into working with people who have experienced mental health difficulties after domestic violence. She has taken her research from theory to practice, developing a model of practice and competency framework for practitioners. This practice model is currently being used in the University of Salford where Jeannette is a Senior Lecturer and programme leader for the MSc Counselling and Psychotherapy (Professional Training). She has presented at conferences in the UK and Europe, and is the author of the book "Counselling and Psychotherapy after Domestic Violence: a client view of what helps recovery". Uniquely, Jeannette's research includes both male and female survivors of domestic violence. She will look at how to work with this client group, known to present difficulties in asking for and accepting help and support. It will highlight the knowledge, skills and personal characteristics required of helpers. This will include discussion and practice sessions as well as taught material and is suitable for counsellors, psychotherapists, social workers and those involved in supporting individuals who have experienced domestic violence, presenting a gender neutral view

Saturday April 25th

'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.

Saturday September 19th

'The Trauma of Sexual Abuse'

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. Helen is an experienced trainer, and has facilitated training courses and their relationship to mental health problems for health workers, on sexual abuse and psychosexual dysfunctions.

For many years Helen has worked as a volunteer Counsellor and continues working as Clinical Manager 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. The confidentiality of clients is paramount and will be maintained.

Saturday 10th October

'Working with Trauma following Community Tragedy'

Trainer: Revd Dr Carla Grosch-Miller



This day will put the spotlight on one of the most difficult community situations: supporting a group that has experienced a significant trauma through tragedy. We will learn about how trauma impacts the human body and the community, consider best practice pastoral and liturgical/rites responses, learn the power and art of lamentation, and explore how the pieces are put back together. Carla is part of the team that created www.tragedyandcongregations.org.uk. She is a contributor and co-editor of *Tragedies and Christian Congregations: The Practical Theologies of Trauma* (Routledge, November 2019). Her other areas of research and writing are sexuality and spirituality, and theo-poetics. She is the author of *Psalms redux: poems and prayers* (Canterbury Press, 2014) and *Lifelines: Wrestling the Word, Gathering Up Grace* (Canterbury Press, 2020).

Saturday 21st November

'Trauma from a Jungian Perspective'

Trainer: Revd Canon Peter Kenney



Peter is a retired priest and Jungian psychoanalyst. He will be exploring issues around Trauma through a Jungian lens, having trained at the Jung Institute at Zurich. Dreams, story-telling and the making of meaning is an integral part of his work. Jung was one of the pioneers of the psychoanalytic movement. His early contribution was his complex theory, in which he shows how trauma promotes the formation of autonomous complexes in the psyche. In binding traumatic memories, images and affects, the dissociated complex protects the ego from being overwhelmed.

Peter is an experienced trainer and will open up some further understanding of Jungian thought to support our work with clients and others and those present who maybe living with trauma.

We seek to provide a safe space at Holy Rood House in which our training takes place. There is always a professional, pastoral person available to be alongside if required.