



## TRAUMA AWARENESS

# UNDERSTANDING TRAUMATIC STRESS

The training aims to provide an opportunity to learn and reflect on trauma within a safe and supportive environment.

**Dates: Part 1 Monday 28th January**

**Time: 10 am-1pm**

**Part 2 Monday 25th February**

**Time: 10 am-1pm**

**Friends Meeting House, Redland 126 Hampton Road, Bristol, BS6 6JE**

### Part 1:

- Understanding traumatic stress
- How to recognise the noticeable signs of being “triggered” by trauma memories
- Practical and helpful ways of offering support with case studies.

“Incredibly useful. Wholeheartedly recommend this course to all organisations”

“Great relevance to work”

“Engaging and informative”

“Good balance of theory and interactive exercises”.

### Part 2:

How to identify presentation of the threat response cycle of Fight, Flight, Freeze and Fold (collapse).

Rissa Mohabir, trainer and practitioner for over 28 years teaching extensively in the UK and internationally. She draws on post graduate studies from the Somatic Experiencing Trauma Institute (New York). Trauma Awareness Training was piloted with Barnados (Bristol) and NHS Bristol Helpline.

Fee: £45.00 per session

Please contact Rissa Mohabir

[rissa.mohabir@gmail.com](mailto:rissa.mohabir@gmail.com)

[www.trauma-awareness.com](http://www.trauma-awareness.com)