



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 **Friday 22nd February** **Time:10 am-1pm**
Part 2 **Friday 22nd March** **Time: 10 am-1pm**

The Exchange, Brick Row, Stroud GL5 1DF

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).

Fee: £45.00 per session

Please contact Rissa Mohabir

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www.trauma-awareness.com

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.