



TIMETABLE

Class Time 10am – 5pm

Course Orientation

Thursday 17th February, 7 – 9.30pm

Facilitator: Liz Quish

Day 1: Saturday 19th February Facilitator Aoife Bairead

- *Developing a Trauma Informed Lens*
- *Adverse Childhood Experiences*
- *Developmental Trauma*
- *Toxic stress*
- *Impact of Early Adversity on the Developing Brain*
- *Creating Trauma Informed and Resilience Building Practices*

Day 2: Friday 11th March Facilitator Patricia Allen

Day 3: Saturday 12th March

- *Overview Trauma Types*
- *Symptoms Of Trauma*
- *Triune Model Of Trauma*
- *Brain and Body Connection*
- *Introduction to PTSD*
- *Introduction to Polyvagal Theory*

Day 4: Saturday 2nd April Facilitator Emma Chapman

- *Overview of Polyvagal Theory*
- *The Vagus Nerve and the Autonomic Nervous System*
- *The Impact of Trauma on the Autonomic System*
- *Survival States - Physical and Psychological Symptoms*
- *Self-Regulation, Co-Regulation and Vagal Toning*
- *Embodied Safety through a Polyvagal Lens*

Day 5: Saturday 7th May Facilitator Aoife Bairead

- *Overview of Attachment Theories*
- *Attachment as a Relational Construct*
- *Attachment Styles*
- *Process and Patterns in Relationships*
- *Pathways to Earned Secure Attachment*

Day 6: Saturday 21st May Facilitator Aoife Bairead

- *Adult Manifestation of Childhood Trauma*
- *Trauma Symptomatology*
- *Trauma Expressed Behaviours*
- *Shame, Fear and Trauma*
- *Intergenerational Transmission of Trauma*



Day 7: Saturday 11th June

Facilitator Patricia Allen Garrett

Day 8: Sunday 12th June

- *Trauma Treatment Theories*
- *Trauma Treatment Phases*
- *Window of Tolerance*
- *Assessment and Evaluation*
- *Regulation Exercises*
- *Recap on The Nervous System*
- *Integration Phase Exercises*

Day 9: Saturday 18th June

Facilitator Aoife Bairead

- *Key Concepts of Mentalisation*
- *Mentalisation as a Frame of Reference*
- *Maintaining a Mentalisation Stance*
- *Promoting and Restoring Mentalisation*
- *Cognitive Processes in Generating Effective Mentalisation*

Day 10: Saturday 9th July

Facilitator Jill Carter

Day 11: Sunday 10th July

- *Integrating Person Centred, Gestalt, Object Relations, Jungian Trauma Models*
- *Trauma Informed CBT*
- *Using Creativity for Complex Rational Trauma*

Day 12: Saturday 16th July

Facilitator: Liz Quish

- *Conceptualising Compassion Fatigue, Vicarious Trauma, Moral Distress and Burnout*
- *Indicators of Compassion Fatigue, Vicarious Trauma, Moral Distress and Burnout.*
- *External Factors Impacting the Effects of Trauma Work*
- *Individual Factors Impacting the Effects of Trauma Work*
- *Strategies for Building Empathic Resilience*
- *Practicing and Nurturing Vicarious Resilience*

Course Closing

Thursday 21st July 2022, 7 - 9:30pm

Facilitator: Liz Quish