



The Greenane Centre

Timetable:

Class Time: 10am – 5pm

Programme Orientation

Facilitator: **Liz Quish**

Friday 2nd September 2022, 7pm – 9:30pm

Trauma Informed Care

Facilitator: **Marian Connell**

Saturday 3rd September 2022.

- Trauma Informed Care, The Paradigm Shift
- Key Tenants of Trauma Informed Care
- Adverse Childhood Experiences
- Creating Trauma Informed and Resilience Building Practices

Trauma and the Body

Facilitator: **Patricia Allen Garrett**

Friday 23rd September 2022,

Saturday 24th September 2022.

- Introduction To Trauma
- Trauma Types
- Symptoms Of Trauma
- Triune Model Of Trauma
- Brain and Body Connection
- Introduction to PTSD
- Introduction to Polyvagal Theory
- Talk Therapy

Polyvagal Theory

Facilitator: **Emma Chapman**

Saturday 8th October 2022.

- Overview of Polyvagal Theory
- The Vagus Nerve and the Autonomic Nervous System
- 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



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Trauma & Attachment

Facilitator: **Aoife Bairead**

Saturday 12th November.

- Overview of Attachment Theories
- Attachment as a Relational Construct
- Attachment Styles
- Process and Patterns in Relationships

Trauma Treatment Theories

Facilitator: **Patricia Allen Garrett**

Sunday 4th December 2022,

Monday 5th December 2022.

- Trauma Treatment Theories
- Trauma Treatment Phases
- Window of Tolerance
- Assessment and Evaluation
- Regulation Exercises
- Integration Phase Exercises

Rainbow Mapping

Facilitator: **Andrew Thomas**

Saturday 14th January 2023.

- Rainbow Mapping Model©
- The Reflective Mind
- Reactive Brain
- Reactive Body
- Trigger Based Therapeutic Cycle
- Hyper Triggering
- Hypo Triggering
- Un- Triggering



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Trauma Symptoms & Behaviours

Facilitator: **Marian Connell**

Saturday 4th February 2023.

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

Vicarious Trauma & Compassionate Fatigue

Facilitator: **Patricia Allen Garrett**

Saturday March 4th

- Vicarious Trauma and Compassionate Fatigue
- Exploring the Therapist Triggers
- Addressing Vicarious Trauma and Compassion Fatigue – Self Care

Trauma & Creativity

Facilitator: **Marian Connell**

Saturday 11th March 2023,

Sunday 12th March 2023.

- Integrating Creative Interventions in Trauma Work
- Framework for Working Safely with Trauma through Creativity
- Processing Trauma through Creativity
- Facilitating Post-Traumatic Growth through Creativity

Tutorials

Participants are required to attend one tutorial online via Zoom. You will be assigned to group 1 or 2.

Tutorial Group 1 Wednesday 23rd November 7pm – 9.30pm

Tutorial Group 2 Thursday 24th November 7pm – 9.30pm

Programme Closing

Thursday 16th March 2023, 7pm - 9:30pm. Facilitator Liz Quish