



Timetable:

Class Time 10am – 5pm

The Greenane Centre makes every effort to avoid altering course timetable. However, should any changes be necessary, you will be notified at the earliest opportunity.

Orientation: Tuesday 28th February 2023
7pm – 9:30

Facilitator: Liz Quish

Day 1: Saturday 4th March

Facilitator: Marian Connell

Trauma Informed Care

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

Day 2: Saturday 25th March

Facilitator: Marian Connell

Trauma Expressed Behaviours

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

Day 3: Saturday 15th April

Facilitator: Patricia Allen Garrett

Day 4: Sunday 16th April

Trauma and the Body

- 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



Day 5: Saturday 22nd April

Facilitator: Emma Chapman

Polyvagal Theory

- 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

Day 6: Saturday 13th May

Facilitator: Aoife Bairread

Attachment

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

Day 7: Saturday 27th May

Facilitator: Andrew Thomas

Rainbow Mapping

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

Day 8: Saturday 10th June

Facilitator: Patricia Allen Garrett

Day 9: Sunday 11th June

Trauma Treatment Phases

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



Day 10: Saturday 1st July

Facilitator: Marian Connell

Day 11: Sunday 2nd July

Creative Interventions

- Integrating Creative Interventions in Trauma Work
- Framework for Working Safely with Trauma through Creativity
- Introducing Art Based interventions to Clients
- Processing Trauma through Creativity
- Facilitating Post-Traumatic Growth through Creativity

Day 12: Saturday 29th July

Facilitator: Patricia Allen Garrett

Vicarious Trauma and Compassion Fatigue

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

Course Closing **Monday 31st July 2022,**
7pm- 9:30pm

Facilitator: Liz Quish