

Recognising and Managing Trauma – Facilitated online course

This course is open to any employee currently working in an NHS commissioned mental health telephone response service (e.g. MH crisis response or 999/ 111 call handlers) and individuals working in associated organisations.

The **Recognising and Managing Trauma** facilitated online course is being delivered for Health Education England by Samaritans.

Overview

Trauma is a physical or emotion response to a situation, event or experience that was stressful, frightening, harmful or distressing to us. Traumatic events and experiences can happen at any age and can have long-lasting effects on our emotional wellbeing. Individuals react differently over different periods of time. What's traumatic is personal. People with similar – or even shared – experiences may be impacted in very different ways.

Recognising and Managing Trauma will help you develop your awareness of trauma and explore practical strategies to help yourself and others manage trauma.

Objectives

Specifically, this course will help you to:

- Appreciate what trauma is and when it can occur.
- Recognise that trauma can affect different people in different ways.
- Understand the physical and emotional effects of trauma.
- Know the long-term effects of trauma – and signs to look out for in themselves and others.
- Explore practical strategies to help yourselves and others manage trauma.
- Signpost to sources of additional support.

The course is led by an expert Samaritans facilitator and uses a variety of tools to encourage interaction and group learning.

Workbook

You will receive a workbook containing the key concepts, examples and practical techniques explored in the course for your ongoing reference.

Duration

This is a 3 hour course including a break:

AM: 09:30-12:30

PM: 13:30-16:30

To secure your place, please click on one of the links below, selecting your preferred date and time. This will take you to an Eventbrite booking page. We recommend you use the Chrome Browser.

If you require any further information, please contact externaltraining@samaritans.org

Please note: Failure to attend or cancel a booked place will exclude you from future applications.

13th September 2022 – 09:30 – 12:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-388574495777>

13th September 2022 – 13:30 – 16:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390345954257>

28th September 2022 – 09:30 – 12:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390346215037>

5th October 2022 – 09:30 – 12:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390347408607>

5th October 2022 – 13:30 – 16:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390347970287>

27th October 2022 - 09:30 – 12:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390348401577>

15th November 2022 – 09:30 – 12:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390349163857>

15th November 2022 – 13:30 – 16:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390353155797>

30th November 2022 – 09:30 – 12:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390353667327>

5th December 2022 – 09:30 – 12:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390354028407>

5th December 2022 – 13:30 – 16:30 – <https://www.eventbrite.ca/e/recognising-and-managing-trauma-facilitated-online-course-tickets-390354499817>