



FOUNDATION DIPLOMA

Therapeutic Safety in
Trauma

With Maaïke Beech BACP Accred. & MNCS Prof. Accred.

Counsellor/psychotherapist, 15+ years' experience, clinical lead, supervisor, specialist in trauma.

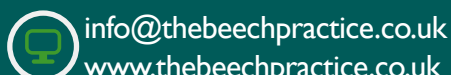
60-hour integrative, experiential training,
based on the 3-phase trauma model.

“Inspiring, engaging and thought provoking”

**Sunday, September 17th 2023 -
Sunday, June 23rd 2024**

Suitable for any professional
(student and qualified) who works with trauma.

Contact The Beech Practice Ltd. now to
book any individual CPD - Day, or all 10
training days (including assignments) to
complete the Foundation Diploma.



The Beech Practice

Counselling • Trauma Therapy
Supervision • Training • Consultation

3 Phase Trauma Model

Day 1

A hands-on training where you will learn the basics of working safely with trauma, which includes trauma-informed tenets, the 3-phase trauma model, post-trauma symptoms and survival strategies of fight, flight, freeze, disconnect and flop.

We will also cover the 3 basic principles behind polyvagal theory, the impact on the nervous system and brain, and how to safely complete therapeutic assessments.

Safety Techniques

Day 2

This experiential day will build on the first day, covering the concept of hyper-arousal, hypo-arousal and dissociation in more depth.

It will give you a chance to practice with safety techniques to help manage or reduce trauma-symptoms, such as the use of an anchor, window of tolerance, tapping, grounding, dual awareness, and the flashback halting protocol.

We will also look at the concept of moral injury and how it relates to therapeutic practice.

Creative Ways of Working with Trauma

Day 3

An experiential training where we will apply basic principles of contextual therapy when using Playmobil figures. Each figure can represent a part of the self or a part of the system.

Externalising internal material gives clients a chance to process difficult experiences, as it creates slightly more distance. You will have a chance to practice with other creative materials and we will explore how you can utilise creativity in Group Therapy.

Vicarious Trauma

Day 4

Working with trauma puts every professional at risk of vicarious trauma. This training provides education about burn-out, compassion fatigue, secondary traumatic stress and vicarious trauma, whilst relating it to your own current well-being and safety as you work with traumatised clients.

We will look at certain keys to emotional safety and actively practice with regulation skills you can employ when working with trauma.

Complex Trauma

Day 5

Many clients have experienced complex trauma such as domestic and sexual abuse. Safety may feel non-existent. We will work together to discover some of the taboos connected to complex trauma (including trauma-bonds), as well as societal views and blame towards victims/ survivors.

We will explore the connection between attachment and trauma, and cover the basics of pre-trial therapy.

Trauma and Suicide

Day 6

Trauma and suicidal risk often go together, as trauma hits us in our core and can uproot our very existence. We will explore myths and facts around suicide, your own views, and determine risk factors and protective factors.

This is an opportunity to safely practice 3 different steps we can use in a session to navigate suicidal risk from a trauma-informed perspective, whilst managing survival states, as a “live client” (an actress) will be present.

Somatic Ways of Working

Day 7

The body plays a big part in trauma, as trauma lives “in” the body. The body remembers what it has been through and therefore often experiences a wide variety of complaints, such as panic attacks or headaches.

We will explore basic sensory connections (such as food) and we will practice with several somatic skills, such as tracking, somatic resourcing, whilst discovering our own ‘bodily signature’.

Refugees and Migrants, Exploitation & Trafficking

Day 8

Refugees, asylum seekers, migrants, and victims of exploitation and trafficking have often experienced complex trauma. But they also may deal with additional complexities, such as age assessments, the asylum process and working with interpreters.

We will explore these difficulties through a therapeutic lens. Through the use of a live “interpreter” there will also be an opportunity to practice some of the techniques and guidelines when working in a triad.

Therapeutic Processing & Integration

Day 9

When clients experience sufficient safety and regulation (Phase 1), they may want to process (Phase 2) and integrate (Phase 3) some of their traumatic experiences. We will explore when to process (and when not). You will gain knowledge about Trauma-Focused CBT and practice accompanying skills, which can aid clients in this process. We will also work with related topics of negative thoughts, shame, guilt and self-blame.

Post-Traumatic Growth

Day 10

Post-traumatic growth occurs for some clients, as they may ‘transcend’ the horrors they have experienced. This does not take anything away from the trauma, but it does have the ability to change a sense of meaning. We will look at the neurobiology, as well as the self-actualising tendency. We will explore the 5 dimensions of post-traumatic growth, whilst practicing with skills such as self-compassion techniques.

Practical Information

Each training day can be booked separately as CPD. You will receive a certificate of Attendance after each day.

If you would like to complete the Foundation Diploma, the following will also be required:

- Reflective journals after each training day with Q&A
- Case-study after the 10th training day (2000-3000 words) where you will demonstrate how you have met the learning outcomes.

Upon successful completion of the above assignments, you will receive the Foundation Diploma - Therapeutic Safety in Trauma.

Costs

Individual CPD day: £119.50

Cost when booking the full Foundation Diploma: £1495 £1095

Interest-free payment plans are available upon request.

Counselling students Level 2 - 4: Further discounted rates available.

Day	Topic	Date
1	3-Phase Trauma Model	Sunday 17/09/2023
2	Safety Techniques	Sunday 15/10/2023
3	Creative Ways of Working with Trauma	Sunday 12/11/2023
4	Vicarious Trauma	Sunday 10/12/2023
5	Complex Trauma	Sunday 21/01/2024
6	Trauma and Suicide	Sunday 18/02/2024
7	Somatic Ways of Working	Sunday 17/03/2024
8	Refugees and Migrants, Exploitation & Trafficking	Sunday 14/04/2024
9	Therapeutic Processing & Integration	Sunday 19/05/2024
10	Post-Traumatic Growth	Sunday 23/06/2024

Bookings

If you would like to book any of the CPD days or the Foundation Diploma, please contact Maaïke Beech for the Booking Form on 075757 08865 / info@thebeechpractice.co.uk