

# Developing Safer Trauma Informed Practice

This **two day training workshop**, which is based on the work of Babette Rothschild and which will be co-facilitated by Babette Rothschild and Patricia Bourke D'Souza, will explore trauma and equip participants with knowledge and tools to ensure safe trauma informed practice in their work.

## Specifically the workshop will

- Demystify trauma i.e. traumatic stress, post-traumatic stress disorder (PTSD) and expand participants' knowledge and understanding in relation to this.
- Explore the foundations and goals of safe trauma therapy
- Emphasise the importance of ensuring that stabilisation and safety are prioritised when working with traumatised clients.
- Equip participants with guidelines to help them assess who might benefit from processing trauma memory and when.
- Explore how interventions such as dual awareness, mindfulness, muscle toning, yoga, physical exercise and other resources can effectively support clients increased stabilisation and safety
- Explore and consider how to interpret and modulate the body's nervous system (sensory and autonomic) and, with the aid of the new ***Autonomic Nervous System (ANS) chart***, learn how to regulate arousal levels in their clients and themselves. **Note:** participants will receive a laminated copy of the ***new 6 column ANS chart*** which they can use in their work and to support their own self-care.

The theory, tools and techniques presented in this workshop are easily integrated across the widest range of treatment modalities and approaches including somatic, cognitive behavioural, dynamic, EMDR etc.

Following the 2 days participants will

- Be able to distinguish trauma recovery from trauma resolution
- Have learned how to assess who might/might not benefit from processing trauma memories.
- Have obtained tools to support client stabilisation and reduce / stop flashbacks and manage nightmares.
- Know the structure of the body's nervous system
- Have an understanding of the autonomic nervous system and how it can be impacted due to trauma.
- Be better able to interpret and support the regulation of their own and their clients' arousal levels.
- Have expanded on their understanding, knowledge and skills to support all clients (regardless of the modality they work from).
- Have knowledge and tools to help minimise the risk to them of vicarious trauma and compassion fatigue.

## Who might benefit from attending this workshop?

This workshop is targeted for a wide range of helping professionals including counsellors, psychotherapists, social workers, doctors, nurses, psychiatrists, psychologists, caseworkers, front line emergency service workers, occupational therapists, alternative and complementary practitioners, students of counselling and psychotherapy and anyone working in a helping or healing profession who wishes to learn about trauma and how to work safely with those who have suffered trauma.

**Workshop dates and location:** The 2 day workshop will take place on **Sunday the 3<sup>rd</sup> and Monday the 4<sup>th</sup> May 2020** in Avila Centre, Morehampton Road, Donnybrook, Dublin 4.  
**Car Parking is available at the venue**

**To book a place:** Go to <https://www.somatictraumatherapy.org/book-online>  
The fee for the workshop is €250. (**Early Bird rate** €200 for places paid in full before the 1<sup>st</sup> March 2020).  
Places on the workshop will be secured on receipt of the full participant fee.

**Booking/Methods of payment: bookings can be made in the following ways:**

1. **On line** via PayPal at [www.somatictraumatherapyireland.com](http://www.somatictraumatherapyireland.com)
2. By completing **the official booking form** (available on request) and
  - o Forwarding a cheque to : PObox 1112, Maynooth, County Kildare

**or**

  - o Paying by EFT, making fee payable to the following account:
    - IBAN: IE77ULSB98619036888014/ BIC ULSBIE2D

**Refreshments:** Tea/Coffee/Biscuits will be provided. (**lunch is not provided**)

**For queries:** Contact **Patricia** at **086 8925754** or by email at [patricia@pbdconsultancy.ie](mailto:patricia@pbdconsultancy.ie)

## Biographies



**Babette Rothschild**, MSW, LCSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of six books, (translated into more than a dozen languages including Danish, German, French, Spanish, and Japanese) all published by WW Norton.

- Her newest, *The Body Remembers, Volume 2: Revolutionizing Trauma Treatment*
- Her classic *bestseller, The Body Remembers, Volume 1: The Psychophysiology of Trauma and Trauma Treatment*;
- *The Body Remembers CASEBOOK: Unifying Methods and Models in the Treatment of Trauma and PTSD*;
- *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*;
- *8 Keys to Safe Trauma Recovery*;
- *Trauma Essentials: The Go-To Guide*.

Babette is also the Series Editor of the WW Norton 8 Keys to Mental Health Series (12 titles and growing!).

After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles. There she is writing her next books while she continues to lecture, train, and supervise professional psychotherapists worldwide. For more information, visit her website: [www.trauma.cc](http://www.trauma.cc)



**Patricia Bourke D'Souza** is an accredited Counsellor and Psychotherapist (MIACP, MIAHIP) since 2001 and an accredited Supervisor (MIACP) and Somatic Trauma Therapist, Trainer and Supervisor (Babette Rothschild). Patricia has assisted Babette Rothschild on her training tours of Australia, New Zealand and Singapore and co-trained on her tours of Australia in 2016-2017.

Patricia works as a Somatic Trauma Therapist, Trainer, Supervisor and Consultant and coordinates/manages the implementation of the National Music in Mind Programme on behalf of Mental Health Ireland in partnership with the National Concert Hall (NCH) and the Music in Mind Programme for refugee and asylum seeker populations in partnership with the HSE National Office for Social Inclusion and the National Concert Hall. Patricia has worked for over 20 years within the corporate, statutory, voluntary, educational, community and voluntary sectors in Ireland and abroad and has considerable experience working in the housing, homeless and mental health sectors where she led out on the development and implementation of a number of mental health and social care national training programmes and workshops. Patricia is a Director/Board Member of The Peter Mc Verry Trust (PMVT) Chairs The PMVT Research and Services Committee.

Patricia is passionate about her work with individuals and groups including ethnic minority groups, faith based groups, refugees and vulnerable/marginalised populations. For more information visit [www.somatictraumatherapyireland.com](http://www.somatictraumatherapyireland.com)

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