



WAVE

The WAVE trauma education team consists of 3 in-house trainers with a varied background in research, psychology, trauma practice and community relations and reconciliation work. We have been commissioned to work with various services include health providers, public sector services and security services.

Self-Compassion & Responding to Trauma

This workshop will explore the impact of psychological trauma on an individual's ability to develop and maintain compassion for themselves and others. The workshop is influenced and informed by Paul Gilbert's model of Compassion Focused Therapy (CFT) applied within the Northern Ireland context of the Troubles.

Students will be provided with an overview of the Compassion model with an emphasis on the role of shame, self-criticism and trauma symptomology.

Who is this workshop suitable for?

This workshop would be of interest to those working with individuals and families who have experienced trauma and subsequent shame, self-criticism and low mood. The workshop does not in isolation equip an individual to offer compassion focused therapy. However, it is useful Continuous Professional Development (CPD) for an individual's training portfolio.

Workshop aims

On completion of the workshop;

- Participants will gain an awareness of the psychological theories that inform a compassion focused approach to trauma
- Participants will gain knowledge about the role of shame in psychological distress
- Participants will be provided with experiential exercises in the compassion model
- Participants will gain knowledge of the evidence base available for compassionate approaches to trauma

Booking details

The training will be held in the WAVE Trauma Centre 25-31 The Diamond, Derry Londonderry, BT48 6HP.

Thursday 1st November 2018 10:00-16:00

Training fee: £50.00 – this includes light refreshments and a CPD certificate.

The booking process for this event is through Open Learning, Queens University, Belfast.
https://ecommerce.apps.qub.ac.uk/osaltransactions/catalog/product_info.php?cPath=101&products_id=185210