

We understand coming to a group can be incredibly difficult. However, from our experience and research people can learn a lot more from being alongside others who have had similar experiences.

### **What will the group look like?**

Each meeting will last for 1 ½ hours and will have a break in the middle. We will invite 6 to 8 members and it will be open to men and women of all ages.

### **What happens next?**

If you need further help after this course there are other groups you can attend, and possibly therapy on a one to one basis. This will be discussed with you on an individual basis, or will have been agreed with you at your assessment appointment.

The ideas for this group have come from research and workers experiences in working with people with trauma. It has also come from the work of Carolyn Spring. Survivor. [www.pods-online.org.uk](http://www.pods-online.org.uk) The course will be developed in line with feedback.

# 4 Week Stabilisation Course

**Trauma can affect people in many different ways.** However, there are also many similarities, such as:

- “Hypervigilance”, always looking out for danger
- Stopping going out by yourself
- Struggling with moods rapidly changing
- Flashbacks, nightmares and / or frightening thoughts
- Difficulties in trusting others

**When we are feeling distressed, it is important that we do something to alleviate this.** Often we do nothing, or we don't know what to do because:

- We can't think what to do
- We can't remember
- We're overwhelmed
- We don't believe anything can help

**There are three stages in the treatment of trauma:**

1. Safety and stabilisation (**this course**)
2. Processing the trauma
3. Rebuilding your life / moving forward

Recovery from trauma understandably takes time. This course could be the first step. Stabilisation skills teach you new strategies for managing distress to help you cope with day to day life.

**We cover the following topics:**

- How trauma affects the brain (to help you to understand your reaction is not your fault)
- Understanding and identifying triggers
- Managing flashbacks and frightening thoughts
- Learning how to ground yourself / stay safe

This is a course not therapy, we will not be talking about stories of trauma but focusing on learning to cope with the symptoms.