



Part of Staff Support and Training for Trauma project:

Humber, Coast and Vale Trauma Recovery Workshop Series

September – October 2021

Humber, Coast and Vale Health and Care Partnership (Integrated Care System) is delivering numerous emotional/psychological trauma-focused health and wellbeing workshops, as part of our Enhanced Occupational Health and Wellbeing programme and the wider Staff Support and Training for Trauma project. For any queries about these workshops please contact the Partnership Office: hullcca.hcvstppmo@nhs.net. It is free to attend these workshops for health, care and voluntary sector staff. **Booking links are provided below.*



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Delivered in partnership with:



Monday 13th September 2021 – Breathwork for Low Moods and Tiredness

17.00 – 18.00

Facilitated by: Bedfordshire Centre for Therapeutic Studies

Book your place here: <https://www.eventbrite.com/e/162559430633>

Breathwork can both energise and calm. We can use the breath and conscious breathing practices to change our internal atmosphere. How clever is that? This workshop will focus on energising breaths to bring energy into your body, lift your mood and reduce tiredness.

You'll learn and experience:-

- the part of the nervous system that is activated when your mood drops
- alignment and posture to support a fuller breath
- balancing breathwork
- a range of energising breaths.

Tuesday 14th September 2021 – Somatic Resources for Wellbeing

17.30 – 18.30

Facilitated by: Bedfordshire Centre for Therapeutic Studies

Book your place here: <https://www.eventbrite.com/e/162554782731>

When we are stressed and overwhelmed, many of us have go-to coping mechanisms that aren't particularly good for us. Maybe you reach for a sugary snack, binge watch dramas, withdraw or drink too much. Even if you have healthier resources like exercise, yoga and meditation, finding time for these can be problematic.

In this workshop you'll learn about how the body can be our greatest resource. We'll visit the window of tolerance and explore the vagus nerve. You'll be introduced to a range of somatic resources to both calm and uplift; resources that will be there at your fingertips for when you need them: when you are with a patient, in a meeting, having a tricky conversation, and travelling to and from work.

Thursday 16th September 2021 – Breathwork for Stress, Anxiety and Overwhelm

17.30 – 18.30

Facilitated by: Bedfordshire Centre for Therapeutic Studies

Book your place here: <https://www.eventbrite.com/e/162794401437>

Breathwork is the only route into the nervous system which makes it such a powerful practice. Research shows that deep full breaths regulate the nervous system by toning the vagus nerve (the parasympathetic nervous system). When we have patterns of anxiety and overwhelm our sympathetic nervous system (flight and fight) will have us feeling tense and on the go. The breath becomes shallow and rapid and this will perpetuate feelings of anxiety.

In this workshop you will:-

- learn about the stress resource
- be introduced to the window of tolerance
- be guided through a diaphragmatic training sequence to regulate the nervous system and develop a fuller, deeper breath. This will support sleep, regulate emotions and improve digestion. This exercise is carried out on the floor
- *Have two heavy-ish books to hand and a blanket.*

Monday 20th September 2021 – Breathwork for Anxiety and Trauma Recovery

10.30 – 12.00

Facilitated by: Bedfordshire Centre for Therapeutic Studies

Book your place here: <https://www.eventbrite.com/e/162795793601>

Breathwork is an up and coming practice that is changing people's lives for the better. Breathwork can both energise and calm, resource and transform.

Many of us only use a fragment of our lung capacity. The patterns of anxiety and trauma fix rigidly into the body impacting on the breath which in turn increases the potential for physical and mental ill health. These patterns will determine how closed or open a person is to themselves, others and life. Practicing conscious breathing is a safe way to dislodge these patterns held deep within the body and by doing so supports us to step back into the flow of life.

In this workshop you'll learn:-

- What breathwork is and it's many benefits
- The basics of polyvagal theory and it's links to trauma
- The breath and the nervous system
- Grounding techniques for safe practice
- The key structures involved in breathing with links to fight & flight
- Breathing techniques for self-regulation and mobilising the nervous system.

Thursday 23rd September 2021 – Stop Reacting and Start Responding: Stress and Self-Care

17.30 – 18.30

Facilitated by: Bedfordshire Centre for Therapeutic Studies

Book your place here: <https://www.eventbrite.com/e/162797165705>

When we are under pressure and the stress is building we are more reactive and less responsive. Reacting is learnt behaviour and can often be disproportionate to the situation, whereas responding is considered, and here-and-now. When we react it perpetuates the cycle of stress, negative self-talk and guilt.

In this workshop you'll learn more about the negative cycle of stress and how to stop it in its tracks. You'll be introduced to the self-care compassion cycle and will be shown techniques to implement this more nourishing and rewarding practice.

Monday 27th September 2021 – Nature Connection and Eco-Therapy for Trauma and Wellbeing

10.30 – 12.00

Facilitated by: Banbury Therapy Group

Book your place here: <https://www.eventbrite.com/e/163360530745>

In this workshop we will demonstrate our connection to the natural world and its healing effects in relation to reducing symptoms of poor mental health and trauma. We hope to inspire good wellbeing habits and techniques incorporating the local landscapes of Humber, Coast and Vale.

We will cover:

- How we connect to the natural world to facilitate wellbeing;
- Introduction to eco-therapy which stems from a belief that we are part of the web of life and are not isolated or separate from our environment. We will demonstrate how to explore our relationship with nature and our place in the ecosystem;
- Using seascape imagery and sounds, learning the important part that nature plays in our healing and general wellbeing;
- Metaphors in nature 'something regarded as representative or symbolic of something else'. Exploring our own metaphors and how we can relate to them;
- Introducing 'Shinrin-yoko' - the healing art of forest bathing to inspire and further demonstrate the wellbeing importance of nature;
- The importance of bilateral stimulation to process difficult thoughts and feelings;
- Calming the breath begins to release some traumatic responses and connects us to a new way of being;
- Further explore the way trauma makes us feel and how to sooth the nervous system.

Monday 4th October 2021 – Self-Care for the Wounded Healers 'Rest' Workshop

10.30 – 12.00

Facilitated by: Banbury Therapy Group

Book your place here: <https://www.eventbrite.com/e/163363864717>

This is a deep dive into the importance of good self-care, not just through difficult and traumatic times, but also looking at self-care as a life skill, creating boundaries and good habits that serve and support us in all aspects of life.

Through this workshop we will be:

- Exploring the reasons for why we reach burn-out and experience some practices that nourish and soothe the body and mind and expand tolerance;
- Often self-care is at the bottom of our 'to do' list and yet when we care for others it is a vital part of our wellbeing that in turn nourishes our ability to help others;
- Introduction to the concept of the 'Wounded Healers' - our healthcare professionals that look after others without prioritising the same care for themselves;
- Understand how we can use self-care to respond to individual symptoms of trauma;
- Deep relaxation and why we need it: relaxation and body awareness can begin to reset fatigue and understanding the 'window of tolerance' will help to frame the reasons why we go into burnout and how to combat it with self-care;
- The relationship with nutrition and trauma, how to eat to sooth and build resilience;
- Explore a variety of approaches to good self-care and wellbeing such as family, hobbies, creative activities, mindfulness, and the importance of nature;
- Developing a connection with the breath can connect us to the first signs of difficulty, so we will learn breathing and relaxation techniques that can be incorporated into everyday life.

Friday 8th October 2021 – Understanding patterns that lead to Vicarious Trauma, Burnout and Compassion Fatigue

10.30 – 12.00

Facilitated by: Bedfordshire Centre for Therapeutic Studies

Book your place here: <https://www.eventbrite.com/e/162798389365>

Everyone working in the helping profession is vulnerable to vicarious trauma, burnout and compassion fatigue. These conditions can creep up and before we know it we can feel lost, empty, depressed, cynical, not ourselves and fatigued. Understanding these conditions and what leads to them is vital for safeguarding against them.

In this workshop you will:-

- Learn the features of vicarious trauma, burnout and compassion fatigue
- Understand the patterns that can lead to them
- Come up close to your own nervous system to help you to identify what your energy levels need at specific times
- Be introduced to a range of resources and ideas to help safeguard you (*these exercises are a mix of seated and standing*).

Monday 11th October 2021 – Breathwork and Somatic Resources for Fatigue and Depression

10.30 – 12.00

Facilitated by: Bedfordshire Centre for Therapeutic Studies

Book your place here: <https://www.eventbrite.com/e/162799075417>

Having no energy can drain the colour out of life; getting through the day can feel like crawling through mud. Low energy affects our moods, our posture, our outlook on life and relationships. Depression can leave us feeling empty and disconnected.

In this nurturing workshop you'll be introduced to some beautiful breathwork and somatic practices to bring you back into your body and to stimulate your energy. These exercises will be carried out standing, seated and on the floor.

Have a blanket to hand and make sure you are warm.

Monday 1st November 2021 – Dance and Movement for Wellbeing and Stress

10.30 – 12.00

Facilitated by: Banbury Therapy Group

Book your place here: <https://www.eventbrite.com/e/163371770363>

This highly practical workshop will introduce participants to the joys and benefits of dance, movement and music through this practical introduction to kinaesthetic empathy:

- 'Kinaesthetic empathy' refers to attuning to others by witnessing and observing movement, dance and gesture, for example in the use of movement circles and mirroring techniques;
- 'Desomatisation' of symptoms refers to the understanding of bodily experiences, for example the use of body awareness and grounding techniques;
- Exploring the benefits in terms of human connectedness and attunement;
- Symbolisation and creativity refers to the creative process in movement, for example the use of movement metaphors, imagery, personal narratives and symbolic play;
- Ritual and ceremony refers to the use of simple movement structures, for example to mark life transitions (e.g. farewell).

Breathwork Disclaimer

Where any of the above workshops feature breathwork, please note that breathwork practices are safe with the purpose of supporting you to either energise, calm, balance or focus. Having said this, breathwork can be powerful and there are certain times where the practice isn't appropriate:

- If you are pregnant (and in your first trimester) or trying to get pregnant then any breathwork/bodywork isn't appropriate for you at this time.
- If you have a heart condition and uncontrolled (by medication) high or low blood pressure (and any condition relating to this e.g. glaucoma), then please gain advice from your GP before attending the workshop. Some of the practices won't be appropriate for you.
- If you have any injuries in the torso area or any abdominal conditions then some of these practices could cause discomfort. Please listen to your body and take the practices gently.
- Uncontrolled (by medication) thyroid conditions and diabetes require medical advice prior to engaging in breathwork.

Throughout the workshops, the facilitator will flag up particular practices to avoid under certain conditions where the above does not apply. They will also take you through various grounding techniques at the start of the workshop to support you throughout the session should any emotions or feelings be stirred.

Workshops Format

All workshops are a mixture of theory and experiential practice. With larger groups, interactions are encouraged through the chat feature for group sharing and learning. There will be time for Q&A at the end of the workshop. If the group size is smaller, the sessions will have scope to be more interactive throughout.

Please note all workshops are taking place virtually via the Zoom platform, so please ensure you have a stable Wi-Fi/Internet connection and somewhere quiet to sit. Remember to stay muted if you are not speaking.

Workshops have been geared to be universal to staff across the health and care sector and include practical exercises, tips and takeaways that you can practise at home or pass onto others. They are specifically designed to address symptoms of trauma, stress and emotional wellbeing. You do not need to

have received a diagnosis of any kind to take part in these workshops. There is no limit on the number of workshops you can attend especially if this will support your wellbeing.

Workshop Facilitators

Bedfordshire Centre for Therapeutic Studies

Based in Bedfordshire, Kate Williams is a Counsellor, Supervisor, Breathwork Coach and Yoga Teacher with over 20 years in the field of bodywork and 12 years as a counsellor. Kate has a keen interest in trauma and the body and has carried out much research and training in this area. Kate works within Hertfordshire NHS IAPT service and runs a busy private practice working with adults and young people. She enjoys supervising other therapists and trainee counsellors. Kate is the founder of The Bedfordshire Centre for Therapeutic Studies which runs CPCAB counselling courses, L2 Award in Breathwork Coaching and the popular psychodynamic bridging course.

www.bedfordshiretherapeuticstudies.co.uk

Banbury Therapy Group

Based in Oxfordshire, the Banbury Therapy Centre offers universal access to therapy which we promote as a positive and life affirming part of general health and wellbeing. We take care to make the environment welcoming, safe and energising. We champion autonomy, choice and respect for all who come through our doors, and we are proud of our community of therapists, any of whom we would wholeheartedly recommend to a loved one.

<https://www.banburytherapycentre.com/>