



Trauma informed churches in collaboration with Betsy de Thierry Ltd training organisation offers a course that is 8 individual days with additional reading and resources for continued study.

**Whole Days**  
10AM-3:30PM

**Half Day**  
10AM-1:30PM

**TRAINING**  
**2022**  
**2023**

**30th September 2022**

### **Introduction to trauma & mentor skills**

Learning the foundational skills to support traumatised people.

**Betsy de Thierry MA**

**14th October 2022**

### **Stage 1 Trauma Recovery Focused Training Pathway:**

An introduction to trauma and complex trauma, the trauma continuum and trauma symptoms. An introduction on how to help traumatised people.

**Betsy de Thierry MA**

**25th November 2022**

### **Stage 2 Trauma Recovery Focused Training Pathway:**

How to help someone recover, find calm and relax when they are anxious and dysregulated. How the body is impacted by trauma.

**Betsy de Thierry MA**

**13th January 2023**

### **Stage 3 Trauma Recovery Focused Training Pathway:**

Exploring the impact of shame. Further exploration of reflection, resilience & relationship and trauma symptoms, including anxiety and depression.

**Betsy de Thierry MA**

**14th January 2023**

### **Self Harm (10AM - 1:30PM)**

Exploring the link with trauma. Exploring the journey of recovery from the turmoil of self hatred and self harm.

**Betsy de Thierry MA**

**3rd February 2023**

### **Stage 4 Trauma Recovery Focused Training Pathway:**

Complex Trauma and dissociation alongside an exploration of the polyvagal theory.

**Betsy de Thierry MA**

**24th February 2023**

### **Child Protection (Optional 10AM - 1:30PM)**

**24th March 2023**

### **Ethics and Boundaries**

**Betsy de Thierry MA**