

SUZI MOORE TRAINING

Trauma and Sexual Abuse Recovery

Suzimooretraining.co.uk



2 day course - Understanding trauma in the body - how to practically build resilience and support recovery in everyday practice

Who is this course for?

Anyone who works alongside children and families and would like to know more about trauma and how to minimise the impact it has on our daily lives

Aim of the course:

This 2 day course is designed to equip front line staff who work with trauma, with a basic understanding of what trauma is, and how it affects us in our minds and our bodies. As well as the theoretical learning, we will explore practical techniques throughout the course which will focus on grounding, self-regulation and co-regulation. To do this, we will use a variety of guided breath practices, specific movement and visualisation techniques, all of which are very simple and can be practiced by anyone. The course comes with a handbook as well as a range of handouts which can be shared with children and families

Course methods

This course is a mixture of practical and theoretical learning. Participants will have a chance to explore all of the practical techniques for themselves, as well as apply the theories to their own lives and the lives of the children and families we work alongside. A mixed method of learning will be applied, such as the use of case study, self reflection, videos, and small and large group work.

Course Learning objectives

Day 1

- Understand the principles of trauma informed practice
- Consider the breadth and experience of different types of trauma
- Basic introduction to the nervous system and human behaviour
- Lunch
- How trauma affects the brain and the threat response

- The 5 senses and their role in trauma
- Exploring “safety” in the body and brain

Day 2

- Recognising survival responses in children, adults and ourselves
- Explore strategies for activating and soothing the nervous system for children and adults
- Consider the “trauma recovery model” and how we support recovery in our work.
- lunch
- Explore vicarious and secondary trauma, why it occurs and how to minimize it
- How to build resilience in the nervous system and resource ourselves and others

This course can be delivered face to face or virtually and can be tailored to the specific needs of the organisation

Course costs £1,300 for the 2 days if delivered virtually, for face to face training there will be the addition of expenses for travel.

About the trainer

Suzi Moore is a Yoga teacher and Breath-Body-Mind teacher who has over 20 years experience of working in Social Care and Health in the sexual abuse and substance misuse field. She started her career as a youth drugs and alcohol worker and moved into the sexual abuse field working with adolescents and women in the sex industry. Suzi has been an independent trainer for over 8 years now and has an academic background in Psychology, Addiction, Counselling skills and Teaching. Suzi has personal experience of childhood trauma as well as vicarious trauma through her work. Suzi came to yoga and Breath-Body-Mind practices as a way to self regulate, and has found them to be invaluable in keeping her feeling grounded and happy.

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