

# PSYCH-BYTES

Short CPD workshops for counsellors and trainees

Facilitated by Brian McMinn

## UNDERSTANDING TRAUMA



**Suitable for counsellors, trainees, and helping professionals**

This workshop examines some key elements of trauma theory and practice, which include exploring types of trauma (including developmental trauma), understanding what and how brain centres are affected, identifying when exploration of trauma is not recommended, establishing safety and support, and some ways of safely supporting trauma affected clients to minimise shame and promote recovery.

While this is not a training in trauma work it can offer insight into the nature of trauma, and help attendees recognise, and work within, their own professional limits of competence. It is ideal for those wanting to learn more about trauma and who are considering further training.

As a Gestalt therapist I will be offering a gestalt perspective, which fits well for those trained or training in humanistic approaches.

**Saturday 6<sup>TH</sup> July 2019, 12.45 - 3.45pm (3 hours)**

**Venue: Toxteth Library**

**Windsor Street, Liverpool, L8 1XF (parking nearby)**

**Cost £50 (concessions for no/low waged)**

To book a place please email me: [b.d.mcminn@icloud.com](mailto:b.d.mcminn@icloud.com)

**Brian McMinn** MSc MA: I'm an accredited Gestalt therapist, working part-time for Liverpool University and in private practice. My background is in industry (electrical and electronics), and as a tutor/lecturer/programme leader/course leader in FE and HE settings. I have been practising as a therapist for 25 years...I hope to get it right soon!