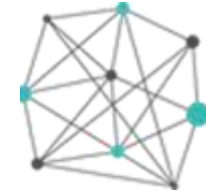


WELCOME – LEARNING GROUP SUPERVISION

Focus – Complex Trauma Competencies



**COMPLEX
TRAUMA
INSTITUTE**



TWO SUPERVISION GROUPS HELD MONTHLY:

- 2ND THURSDAY OF THE MONTH GROUP (6 PM – 7:30 PM)

- THE LAST SATURDAY OF MONTH GROUP (10 AM – 11:30 AM)

What's it all about ?

- *Thursday group will be facilitated by Arlette Kavanagh, UKCP & AFT Accred (2nd Thurs of month)*
- *Saturday group will be facilitated by Dzmitry Karpuk, UKCP & AFT Accred (the last Sat of month)*



We're All In This Together

- NB: Beach not supplied, Ocean not supplied, Sunshine not supplied

Warming the Context

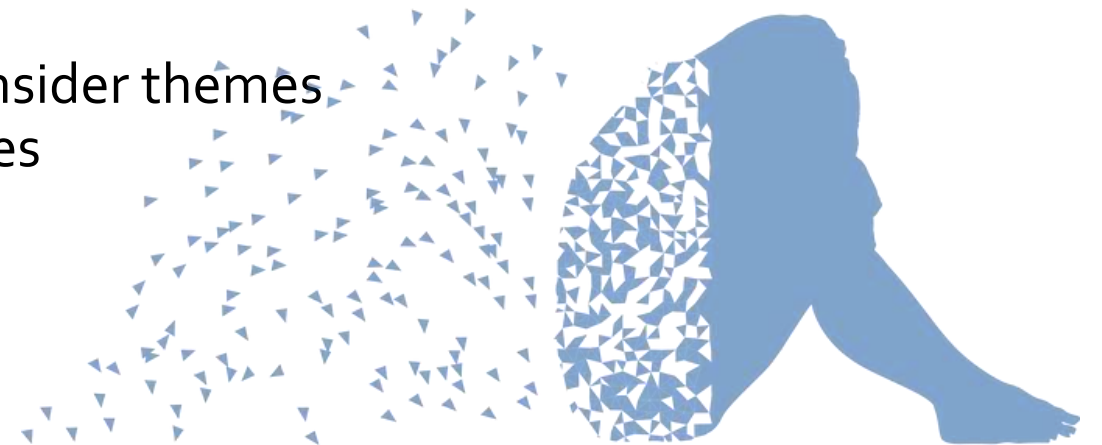
Focus of Session

Generate conversations and learning in regard to working with Complex Trauma

To focus on the competencies set by the Complex Trauma Institute- as part of their CPD

To share experiences, challenges and what has worked

Think about and to consider themes related to competencies



More ideas about possible items for discussion, so everyone can have a useful learning experience:

1. How might I incorporate my current modality whilst including a new perspective such as trauma informed practice & body-focused interventions?
2. How might my way of working integrate with working in the Education system, schools, prison, private settings etc?
3. What might be useful to know when considering working with traumatised clients when working with youngsters? Adults?
4. Sharing trauma-informed technique/strategy
5. Presentation of a journal article/chapter/ web site/video or policy document and discussion of its practical implications
6. Issues on working alone or common work challenges
7. Discussion about appropriate therapeutic goals, clinical formulation, Assessments vs Reviews – using clients cases
8. Online Therapy issues (limitations and advantages, etc.)
9. And many more

Focus on Competencies



1. Prevention and Management of Vicarious Trauma
2. Clinical Formulation & Goal settings based on extended assessment
3. Psychoeducation (normalising + motivating) and reconnecting a client to stable adults and services where client can learn to self-regulate
4. Relaxation skills, Establishing Safety & Internal Resources - long-term interventions
5. Management of Emotional Distress, trigger management – short term interventions
6. Identifying and reducing maladaptive/addictive strategies – Long-term interventions Using Co-Regulation
7. Establishing Safety & Stabilisation; Enhancing Safety and Risk Prevention
8. Working with Intrusive thoughts
9. Working with Intrusive Memories
10. Working with Nightmares
11. Integration -Meaningful Reconnection to individuals & groups (Using secure attachment)



What you need to know;

- Mixed group of curious individuals who share common interest in working with complex trauma (**All of you are members of CTI**)
- Some of you will be here on an adhoc basis
- Other will be attending as they are completing a more formal training CPD route and completing a certificate in Complex Trauma.
- As a participant you agree to:
 1. Prepare for the sessions and be responsible for contributing to the discussions
 2. Adhere to the ground rules and take responsibility for making effective use of the time, for the outcomes and for any actions I take as a result of clinical supervision

Learning by doing – Could you learn to swim by just reading about it in a book? Unlikely – you might just need to immerse yourself in the water as well.



- Active learning brings together all the components that help to embed the concepts , ideas, techniques or ways of working with complex trauma into a fluid and cohesive whole whilst supporting the differences and similarities of the individual within the group paradigm.
- In simpler terms, we all bring the many different ways that we have of learning, applying our learned knowledge and acquired skills and bring them to a group setting where we can share or learn in a way that is supported.
- We are aiming to foster a collaborative supportive learning space for all.

What's in it for me?



- Deeper engagement with your subject of interest
- Greater connection with others in the same field as yourself, networking opportunity supporting your reflective practise.
- Awareness of your preferred ways of working and how this can be changed or improved
- Possibility of integrating newer insights into your way of working with complex trauma

Ground Rules

- Group will generate agenda for discussion
- Important to remain, non judgemental in our discussions
- Keep confidentiality in mind- no identifiable information if you bring case material
- Stay with your own experiences / challenges that you have experienced
- Be respectful
- Allow space for everyone to speak.

Other Information

- The CTI website is an amazing resource make sure you access it. There are articles, video's and a discussion forum –please log in to access

www.completraumainstitute.org/members-area

- If you need any support with accessing/ passwords ect please see your INBOX particularly your payment email and registration email. All of your log in data will be here.

- Any support with technical issues / general queries can be emailed to

support@completraumainstitute.org