



TRAUMA AWARENESS

Rissa Mohabir – Trainer

INTRODUCTORY COURSE ON TRAUMATIC STRESS RESPONSE

Wednesday 19th May, 26th May, 9th June

Time: 19.30 – 21.00 hrs

Venue: Mortimer Room, Old Market, Nailsworth GL6 ODU

Open to anyone who would like to learn the basics of trauma within a safe and supportive environment. Each session covers key concepts drawing on body-mind studies to help support stress responses.

Please note, owing to COVID restrictions, we are limited to 12 attendees.

Week 1: Understanding traumatic stress- our response to threats -how these impacts on us.

Week 2: How to identify and recognise signs of being “triggered”?

Week 3: Practical ways to help managing stress responses.

Rissa delivers trauma informed training to a wide range of services drawing on post grad studies at the Somatic Experiencing Trauma Institute in New York. As we emerge from COVID-19, learning to live with uncertainty, threat to life and our wellbeing, this course gives context to our shared collective experiences.

Testimonials

“Engaging and informative” ” Great relevance to work”

“Good balance of theory and interactive exercises”

Please contact:

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Booking Fee

£36

All three sessions