



## Humber, Coast and Vale Trauma Recovery and Burnout Workshop Series

November 2021 – April 2022

*Humber, Coast and Vale Health and Care Partnership (Integrated Care System) is delivering numerous trauma-focused wellbeing workshops, designed to support staff exposed to trauma or burnout at work or in their home lives, whether or not this has happened during the Covid-19 pandemic. The workshops are led by professionals in the trauma field and focus on practical and experiential tools that staff can use as part of their mental health recovery journey. It is free to attend these workshops for health, care and voluntary sector staff. You do not need a diagnosis to attend and can come to as many as you would like to come to. Workshops may also give you new tools and ideas to use with patients and service users.*



*For bookings and any queries about these workshops please contact Candice at the HCV Partnership Office: [candice.dowson@nhs.net](mailto:candice.dowson@nhs.net) who will be very happy to assist.*

**Workshop dates and synopses are provided below.**

Delivered in partnership with: *Bedfordshire Centre for Therapeutic Studies*



**Monday 15<sup>th</sup> November 2021 – Stop Reacting and Start Responding: Stress and Self-Care**

**10.30 – 12.00**

When we are under pressure and the stress is building we are more reactive and less responsive. Reacting is learnt behaviour and can often be disproportionate to the situation, whereas responding is considered, and here-and-now. When we react it perpetuates the cycle of stress, negative self-talk and guilt.

In this workshop you'll learn more about the negative cycle of stress and how to stop it in its tracks. You'll be introduced to the self-care compassion cycle and will be shown techniques to implement this more nourishing and rewarding practice.

## **Thursday 18<sup>th</sup> November 2021 – Somatic\* Resources for Wellbeing**

*17.30 – 18.30*

When we are stressed and overwhelmed, many of us have go-to coping mechanisms that aren't particularly good for us. Maybe you reach for a sugary snack, binge-watch dramas, withdraw or drink too much. Even if you have healthier resources like exercise, yoga and meditation, finding time for these can be problematic.

In this workshop you'll learn about how the body can be our greatest resource. We'll visit the window of tolerance and explore the vagus nerve. You'll be introduced to a range of somatic resources to both calm and uplift; resources that will be there at your fingertips for when you need them: when you are with a patient, in a meeting, having a tricky conversation, and travelling to and from work.

\*Somatic experiencing means working with the body, increasing feelings of body connection and safety/trust, and using the body to influence the mind and mental health recovery.

## **Monday 29<sup>th</sup> November 2021 – Understanding the parts that make up who you are**

*10.30 – 12.00*

Do you ever wonder why certain decisions are so hard to make? Or sometimes you find yourself really enthusiastic about things one time and then feeling completely different the next? For example planning a big birthday party one year only to not being bothered the next.

The 'Psychology of Selves' model, which has Jungian influences at its core, suggests that we are made up of many different parts (or Selves) and at any one time one of these parts is driving our 'psychological car'. The parts that are most dominant are how we might describe ourselves to another or in a job interview and we are often proud of these parts e.g. caring, sensible, hard-working. And there is nothing wrong with this when the going is good.

The founders of this model, Hal and Sidra Stone, suggest that depression, anxiety, and any kind of mental and emotional dis-ease is due to there being an imbalance within us, for example, over-caring can lead to exhaustion. In this workshop you'll get to know the different parts that make up who you are and importantly their dis-owned opposite who may be crying out for you to listen and to do things differently, in order to bring more balance back into your life.

## **Thursday 2<sup>nd</sup> December 2021 – Somatic and Breathwork Resources for a Good Night's Sleep**

*17.30 – 18.30*

Sleep issues go hand in hand with anxiety, depression, overwhelm and stress, chronic pain and ill health. Most of us feel so much better after a good night's sleep. Sleep strips the emotions out of problems enabling us to have a different perspective and to problem-solve the next day. This nurturing session will lead you through a range of exercises to support you in getting a good night's sleep.

## **Monday 6<sup>th</sup> December 2021 – Understanding patterns that lead to Vicarious Trauma, Burnout and Compassion Fatigue**

10.30 – 12.00

Everyone working in the helping profession is vulnerable to vicarious trauma, burnout and compassion fatigue. These conditions can creep up and before we know it we can feel lost, empty, depressed, cynical, not ourselves and fatigued. Understanding these conditions and what leads to them is vital for safeguarding against them.

In this workshop you will:-

- Learn the features of vicarious trauma, burnout and compassion fatigue
- Understand the patterns that can lead to them
- Come up close to your own nervous system to help you to identify what your energy levels need at specific times
- Be introduced to a range of resources and ideas to help safeguard you (*these exercises are a mix of seated and standing*).

## **Thursday 9<sup>th</sup> December 2021 – Breath and Movement for Vagal Tone and Self-Care**

16.30 – 17.30

This nourishing workshop will guide you through a range of breath and movement exercises to tone your vagus nerve. The vagus nerve is the main nerve that regulates the autonomic nervous system and it is toned through our interactions in early life.

Stress and trauma can put us more in our sympathetic nervous system state where we may experience anxiety and overwhelm and by toning the vagus nerve, we can come back into our window of tolerance where we can feel calm, collected and clear-minded.

Toning our vagus nerve helps us to respond to life rather than react. You'll need loose comfortable clothing and have space to lie down on the floor. Most of the exercises however can be done seated in a chair or seated on the floor.

## **Friday 17<sup>th</sup> December 2021 – Bring more Light into your Life through exploring the '7 Dark Arrows'**

10.30 – 12.00

Based on Native American teachings, the 7 dark arrows are aspects of the personality that can stop us from feeling fulfilled in life, having loving and intimate relationships and generally feeling good about ourselves. In this workshop you'll explore these 7 'dark arrows' and how they might impact your life and learn a technique to transform these into 'light arrows.'

An important part of this workshop is exploring with peers so break-out rooms will feature for sharing in small groups of 2 or 3.

## **Monday 10<sup>th</sup> January 2022 – Using Archetypes for Trauma Recovery and Self-Discovery**

*10.30 – 12.00*

Developed by psychoanalyst Carl Jung, archetypal images exist in each and everyone of us within the 'collective unconscious.' They then move through the personal unconscious to take on more culture-specific patterns. We can all relate to archetypes because they are inherent within us e.g. the teacher, the healer, the fool, the carer, the mother, the father, the warrior – we might describe their key features in similar ways because they are so familiar to us yet universal.

In this workshop we'll be delving into the world of archetypes which will include an exploration of the 'shadow' and the anima and animus (the masculine and feminine within) as well as the other many archetypes that dwell within. There will be an opportunity for reflection with your peers in breakout rooms.

## **Monday 17<sup>th</sup> January 2022 – Breathwork for Wellbeing and Self-Care**

*10.30 – 12.00*

We breath on average 21,000 times a day and importantly, the breath is the only part of the autonomic nervous system that we have conscious control over. Other parts of this system include the heart and the digestive system which we don't have direct control over, however, by practicing fuller and slower breathing we can slow down the heartrate and improve digestion.

There are also many other amazing benefits to practicing breathwork including improved sleep, decreased anxiety levels, increased energy and managing difficult feelings. In this workshop you'll learn:-

- Breath awareness and conscious breathing
- The mechanics of the breath in order to take a fuller, deeper breath
- The breath and the nervous system
- Coherent breathing (the therapeutic breath)
- Belly breathing for vagal tone
- Diaphragmatic training (have two books to hand and enough space to lie down).

## **Friday 28<sup>th</sup> January 2022 – Breathwork for Anxiety and Trauma Recovery**

*10.30 – 12.00*

Breathwork is an up and coming practice that is changing people's lives for the better. Breathwork can both energise and calm, resource and transform.

Many of us only use a fragment of our lung capacity. The patterns of anxiety and trauma fix rigidly into the body impacting on the breath which in turn increases the potential for physical and mental ill health. These patterns will determine how closed or open a person is to themselves, others and life. Practicing conscious breathing is a safe way to dislodge these patterns held deep within the body and by doing so supports us to step back into the flow of life.

In this workshop you'll learn:-

- What breathwork is and its many benefits
- The basics of polyvagal theory and its links to trauma
- The breath and the nervous system
- Grounding techniques for safe practice
- The key structures involved in breathing with links to fight & flight
- Breathing techniques for self-regulation and mobilising the nervous system.

**Monday 21<sup>st</sup> February 2022 – Understanding patterns that lead to Vicarious Trauma, Burnout and Compassion Fatigue (REPEAT)**

10.30 – 12.00

Everyone working in the helping profession is vulnerable to vicarious trauma, burnout and compassion fatigue. These conditions can creep up and before we know it we can feel lost, empty, depressed, cynical, not ourselves and fatigued. Understanding these conditions and what leads to them is vital for safeguarding against them.

In this workshop you will:-

- Learn the features of vicarious trauma, burnout and compassion fatigue
- Understand the patterns that can lead to them
- Come up close to your own nervous system to help you to identify what your energy levels need at specific times
- Be introduced to a range of resources and ideas to help safeguard you (*these exercises are a mix of seated and standing*).

**Thursday 24<sup>th</sup> February 2022 – Motivational Interventions for Difficult Times**

13.00 – 14.30

Motivational interventions include tools and techniques from motivational interviewing and Cognitive Behavioural Therapy. The main thought behind CBT is that we can unlearn what we learn and if we can challenge our thinking then we can deal with situations from a clearer, more rational perspective.

Maybe you feel stuck in a certain area of life, or there is a change you wish to make, or a goal you want to work towards. The tools and techniques learnt in this workshop will help you challenge some of your belief patterns and support you towards become the you, you want to be.

**Friday 25<sup>th</sup> February 2022 – Visualisations for Self-Care**

17.30 – 18.30

In this workshop you'll learn more about the power of visualisations and how they can have a powerful impact on body, mind and emotions. It's thought that if we can visualise something, like a goal, then we are more likely to be able to realise it.

“Everyone can use imagery to prepare for all kinds of situations, including public presentations and difficult interactions,” says Daniel Kadish, Ph.D., a psychologist in New York City who guides clients in mental imagery.

In this workshop you’ll learn a range of visualisations for:-

- Calming and soothing
- Letting go
- Dealing with stress
- Developing your inner compassionate friend
- Conversing with your inner critic

These visualisations can then be used in any situation to help keep you calm and grounded.

### **Monday 28<sup>th</sup> February 2022 – Breathwork for Stress, Anxiety and Overwhelm**

*10.30 – 12.00*

Breathwork is the only route into the nervous system which makes it such a powerful practice. Research shows that deep full breaths regulate the nervous system by toning the vagus nerve (the parasympathetic nervous system). When we have patterns of anxiety and overwhelm our sympathetic nervous system (flight and fight) will have us feeling tense and on the go. The breath becomes shallow and rapid and this will perpetuate feelings of anxiety.

In this workshop you will:-

- learn about the stress resource
- be introduced to the ‘window of tolerance’
- be guided through a diaphragmatic training sequence to regulate the nervous system and develop a fuller, deeper breath. This will support sleep, regulate emotions and improve digestion. This exercise is carried out on the floor
- *Have two heavy-ish books to hand and a blanket to keep warm.*

### **Friday 11<sup>th</sup> March 2022 – Bring more Light into your Life through exploring the ‘7 Dark Arrows’ (REPEAT)**

*10.30 – 12.00*

Based on Native American teachings, the 7 dark arrows are aspects of the personality that can stop us from feeling fulfilled in life, having loving and intimate relationships and generally feeling good about ourselves. In this workshop you’ll explore these 7 ‘dark arrows’ and how they might impact your life and learn a technique to transform these into ‘light arrows.’

An important part of this workshop is exploring with peers so break-out rooms will feature for sharing in small groups of 2 or 3.

## **Monday 14<sup>th</sup> March 2022 – Sitting with the Pain: Letting In and Letting Be**

*10.30 – 12.00*

We are often encouraged to manage our pain: fight it, overcome it, grin and bear it... but what if I told you that there is another way, that pain is a part of you that deserves the same kind of attentiveness as the parts of you that feel at ease. In this workshop you'll discover a new way of relating to your pain, and skills and ideas in supporting you to fearlessly turn towards your pain and be with it, letting it in rather than pushing it away (which usually only serves to exacerbate the pain).

Harnessing the power of the breath and somatic resources supports a movement into the window of tolerance, out of flight, fight and distress and from this place we can learn to soften towards our pain.

This workshop will be a mix of theory and practice. If you are a therapist or a healthcare professional struggling with pain, from reoccurring neck & shoulder tension, chronic back problems to conditions like fibromyalgia, then you'll have many resources to take away with you from this workshop. You'll also be shown the 'constructive rest' pose which is carried out on the floor, so there will be an invitation to lie down for a short period of time.

## **Monday 25<sup>th</sup> April 2022 – Cultivating Self-Compassion: An antidote to Depression and Trauma**

*10.30 – 12.00*

Based on the exciting work of Paul Gilbert and Gabor Maté, this workshop will explore the important role of self-compassion in healing and growth. Many of us have an inner critic, or even an inner bully, that is all too happy to beat us up when something goes wrong or even if we don't make time for our self-care. This just serves to exacerbate the problem, ladling on guilt and shame.

In this workshop you'll go on an exploration into compassion where you'll learn tools and resources to cultivate self-compassion. As Julia Cameron says, "treating yourself like a precious object will make you strong."

## **Friday 29<sup>th</sup> April 2022 – Embodiment Practices for Anxiety and Trauma Recovery**

*10.30 – 12.00*

Anxiety and trauma disconnects us from our body, it severs the link between mind and body, body and soul. It prevents us from being in the flow of life, being curious and being mindful. This workshop will introduce you to the importance of the body in relation to mental health and wellbeing. It is full of resourceful somatic exercises to soothe and regulate the nervous system.

You'll learn how psychological and emotional patterns become ingrained in the body, shaping the body in such a way that perpetuates these patterns. You'll learn simple and accessible tools to support integration and release.

You will go on a journey through the vagus nerve where Kate will share with you a range of somatic resources that are safe and simple to do that will regulate the nervous system, de-escalate arousal and sooth emotions.

### **Breathwork Disclaimer**

Where any of the above workshops feature breathwork, please note that breathwork practices are safe with the purpose of supporting you to either energise, calm, balance or focus. Having said this, breathwork can be powerful and there are certain times where the practice isn't appropriate:

- If you are pregnant (and in your first trimester) or trying to get pregnant then any breathwork/bodywork isn't appropriate for you at this time.
- If you have a heart condition and uncontrolled (by medication) high or low blood pressure (and any condition relating to this e.g. glaucoma), then please gain advice from your GP before attending the workshop. Some of the practices won't be appropriate for you.
- If you have any injuries in the torso area or any abdominal conditions then some of these practices could cause discomfort. Please listen to your body and take the practices gently.
- Uncontrolled (by medication) thyroid conditions and diabetes require medical advice prior to engaging in breathwork.

Throughout the workshops, the facilitator will flag up particular practices to avoid under certain conditions where the above does not apply. They will also take you through various grounding techniques at the start of the workshop to support you throughout the session should any emotions or feelings be stirred.

### **Workshops Format**

All workshops are a mixture of theory and experiential practice. With larger groups, interactions are encouraged through the chat feature for group sharing and learning. There will be time for Q&A at the end of the workshop. If the group size is smaller, the sessions will have scope to be more interactive throughout.

Please note all workshops are taking place virtually via the Zoom platform, so please ensure you have a stable Wi-Fi/Internet connection and somewhere quiet to sit. Remember to stay muted if you are not speaking.

Workshops have been geared to be universal to staff across the health and care sector and include practical exercises, tips and takeaways that you can practise at home or pass onto others. They are specifically designed to address symptoms of trauma, stress and emotional wellbeing. You do not need to have received a diagnosis of any kind to take part in these workshops. There is no limit on the number of workshops you can attend especially if this will support your wellbeing.



## **Workshops Facilitator**

### *Bedfordshire Centre for Therapeutic Studies*

Based in Bedfordshire, Kate Williams is a Counsellor, Supervisor, Breathwork Coach and Yoga Teacher with over 20 years in the field of bodywork and 12 years as a counsellor. Kate has a keen interest in trauma and the body and has carried out much research and training in this area. Kate works within Hertfordshire NHS IAPT service and runs a busy private practice working with adults and young people. She enjoys supervising other therapists and trainee counsellors. Kate is the founder of The Bedfordshire Centre for Therapeutic Studies which runs CPCAB counselling courses, L2 Award in Breathwork Coaching and the popular psychodynamic bridging course.

[www.bedfordshiretherapeuticstudies.co.uk](http://www.bedfordshiretherapeuticstudies.co.uk)