



Trauma Resilience

Introduction to Trauma Resilience Training

Pre course activity

Experience has taught us that preparation for traumatic events diminishes the negative effects resulting from them. We have seen that this has helped people to return to their normal functioning much more quickly. Given this in the workshop we will be exploring some basic issues of how to build psychological security and therefore recover more rapidly from traumatic events.

To get the most out of our day together we would ask you to prepare in advance by engaging in three brief activities:

1. In a quiet, safe space think back over your life and allow yourself to remember one or two events that **you** would classify as ‘traumatic’. Events out of your control or expectations that resulted in a significant change in your life. Some triggers for such change may be:

- Exceptional emotional or psychological shock or distress, such as a car crash, witnessed or involved
- A physical injury or wound to the body
- An event or situation that causes great distress and disruption

The choice of the event and the intensity of the change will be defined by you.

The training day will be one of exploration and learning rather than one of therapy so please ensure that you are able to share your experience with us safely and securely during our day.

2. In the same space think about a future potentially difficult event that you would like to be prepared for. Are there any pre-existing skills you can identify within yourself that might help you with this? Consider if there are any aids available to you to help you in this task. For example, photos, sound tracks and anecdotal accounts by others who have experienced this event. Note these down for discussion during the training day.

3. To facilitate the relaxation component of our training and to help you ‘step out’ of the tension you might feel in considering an anticipated critical event, please finish your preparation for this ‘Introduction to Trauma Resilience Training’ by sitting quietly and consciously relaxing both physically and emotionally. As you do this, consider images, places and sounds that might help you relax and feel safe. Take time to choose an imagined or real place that helps you in this process.

Each activity should take no more than 15 minutes.

Thank you for taking the time to be prepared for the day, it will help you to fully benefit from the training.

I look forward to seeing you at the workshop.

Martin Weaver
07931 387551