

# Introduction to trauma training

## A Bupa Employee Assistance Workshop



People who go through a traumatic experience often have symptoms afterwards. How serious the symptoms are depends on many things, including a person's life experiences before the trauma, and what kind of help and support a person has following the trauma.

Many trauma survivors have difficulties understanding what is happening to them after a trauma has occurred. By understanding trauma symptoms, a person can become less fearful of them and be able to manage them better and respond appropriately to those who have also experienced the trauma.

The aim of this workshop is to increase an individual's understanding of what trauma is and how an individual might react after experiencing a traumatic experience.

**Full day workshop £1,500**

**Half day workshop (four hours) £1,000**

Ideal group size is between 8 and 15, however, the workshop can be adapted for groups of any size.

Workshops can be tailored to the participants attending the training. For example if this course is for individuals who are more likely to experience secondary or vicarious trauma the training will be adapted to ensure a high level of support is provided to those who might have to deal with another's traumatic experiences or material.

Bupa Wellness offers a wide range of psychological services including Employee Assistance Programmes, critical incident response, training and consultancy services.

**For more information or to book, please contact your Bupa Account Manager.**

The workshop will cover the following topics.

- Definition of a Critical Incident including the comparison of trauma and stress.
- Types of critical incident including a group exercise: possible incidents which may occur.
- Factors affecting trauma severity.
- Normal reactions to trauma.
- Timeline of reactions.
- Key points to aid recovery to trauma.
- Long term effects of trauma.
- Post traumatic stress disorder (PTSD).
- Accessing support systems.
- Skill practice and role play.