



Humber and North Yorkshire
Health and Care Partnership

Humber and North Yorkshire Health and Care Partnership Trauma Recovery and Burnout Workshop Series- New Dates Added

April 2022- June 2022

Humber and North Yorkshire Health and Care Partnership 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 more information and to book please visit www.bookwhen.com/hcv or contact hcv.wellbeing@nhs.net with any additional queries



Workshop dates and synopses are provided below.

Delivered in partnership with: Bedfordshire Centre for
Therapeutic Studies



Quality therapeutic training

‘All you need to know about hypo-response and dissociation: learn how to bring energy back into your body and connect to life’

Monday 16th May 2022 @ 10.30am-12pm

Zoom / online workshop

Dissociation exists on a continuum, from feeling a little bit fuzzy or zoned out to shutting down, feelings of leaving the body and not quite being here. It can leave us feeling energy-less, sluggish, fatigued, chronically tired and uneasy in our body and in the world.

This workshop will explore the dissociation continuum where you'll learn all about the nervous system response to this trauma and survival defence. You'll also learn somatic exercises to support an increase in energy and connection to yourself and the world.

'Develop the boundaries you need for healthy relationships and wellbeing'

Thursday 26th May 2022 @ 1pm-2.30pm

Zoom / online workshop

Boundaries are talked about a lot "I have no boundaries," "she's not very good with boundaries," "he's pushing my boundaries," or "she's overstepped the mark"...but what do we mean when we say this? What is this invisible yet tangible thing called a boundary?

In this workshop you'll learn how boundaries are developed and how our early relationships go on to shape our boundaries. This can lead us to become over- or under-boundaried in relation to others and ourselves which can mean we can lean towards distancing ourselves from others or taking on far too much responsibility for others.

We'll explore how you can soften or firm up your boundaries so they are robust yet pliable, giving you more choice in your interactions with others and life.

'Understanding and befriending your shame: from stuckness to flow in depression & trauma' Monday

13th June 2022 @ 10.30am-12pm

Zoom / online workshop

Shame can permeate every aspect of life leaving us feeling unworthy, undeserving and stuck. This can lead to us not taking good enough care of ourselves and not nourishing aspects of our life that we know will bring us joy. In fact shame strips us of joy, meaning and life.

In this workshop you'll learn about guilt, healthy shame and unhealthy shame. You'll learn how it comes about, what keeps it going and importantly how to turn towards your shame and allow it space. Shame is often attached to wounded parts of us that haven't been listened to or understood; so you'll learn techniques to converse with your shame and to hold it in compassion.

'Post-traumatic Strength - stepping into the new you after trauma and challenging times'

Thursday 23rd June 2022 @ 1pm-2.30pm

Zoom / online workshop

"What doesn't kill us makes us stronger" said the famous philosopher Nietzsche. However after a trauma it doesn't always feel like this but rather it can leave a person feeling battered and bruised. This workshop will support you to draw upon your strengths and to find new meaning in your past as well as your present and future. This will enable you to become more resilient and so when life throws other obstacles in your path, you'll feel more robust to deal with them and continue moving forward.

'Spiritual and philosophical perspectives on trauma & recovering wholeness'

Friday 24th June 2022 @ 1pm-2.30pm

Zoom / online workshop

What gets a person through a difficult time is often their faith (on some level) combined with their philosophy of life. Unless explicit these important areas of a person can go unnoticed meaning that they can become forgotten when another change, loss or trauma occurs. In this workshop you'll have the opportunity to explore what sustains you through difficult times as well as drawing upon the ideas of more well-known philosophers (like Sartre & Nietzsche) and spiritual and personal growth teachers (like Eckhart Tolle).

'Softening the voice of the inner critic - from trauma to living the life you deserve'

Monday 27th June 2022 @ 10.30am-12pm

Zoom / online workshop

From just annoying to downright bullying and punitive, the inner critic seems to have a lot to answer for. The inner critic is the voice that tells us that we aren't good enough, or we've just made a fool of ourselves, or that we'll never amount to anything. It constantly grinds away, shaving away at self-esteem and confidence, which can then lead to us not reaching our goals, living the life we want to and not having satisfying relationships.

In this workshop you'll find out all about the inner critic, how it came to be so vocal and importantly what you can do to tame its voice and create a kinder, more compassionate way of speaking to yourself.

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.

Facilitator: Kate Williams, BSc(Hons), MBACP (Accred.), MIBF. 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