

Beacon House,  
The Old Hospital,  
Chapelfields, Ardingly  
Road, Cuckfield, West  
Sussex, RH17 5JR



*"The day has been pivotal  
and transformational. Not only  
for me as a professional, but  
for me personally too."  
Psychologist, October 2019*

## THE STABILIZATION PHASE IN TRAUMA INFORMED THERAPY: A TOOLKIT FOR PROFESSIONALS

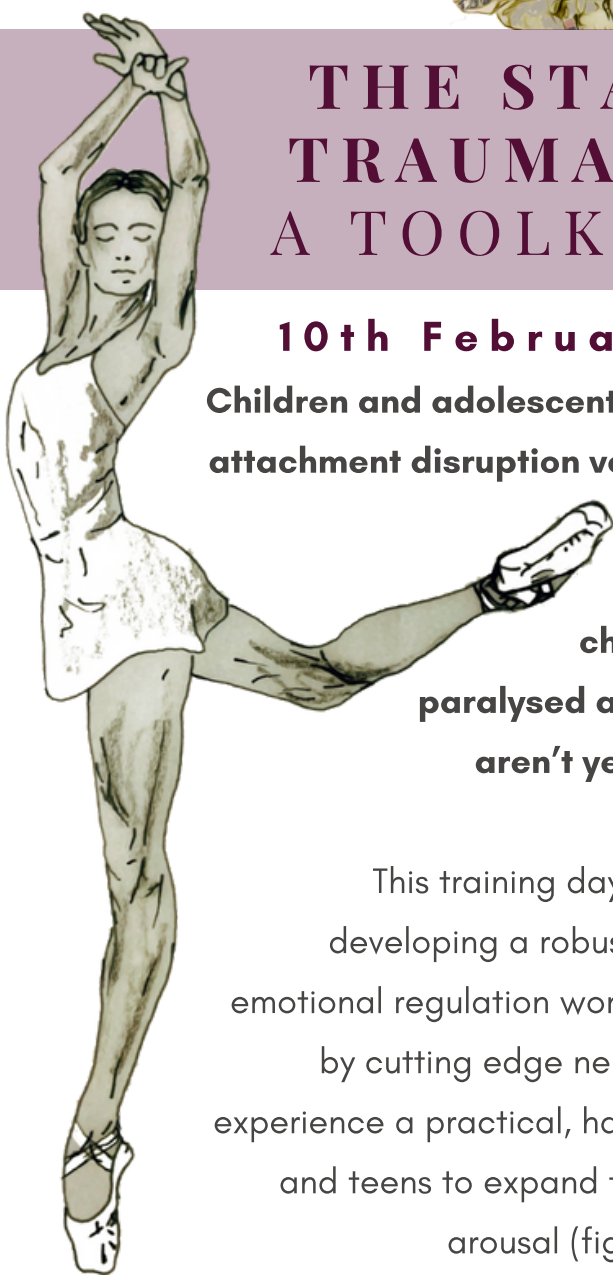
10th February, 2020 | 10am - 5pm | £120

Children and adolescents who survive multiple experiences of loss, trauma and attachment disruption very often face complex and profound difficulties, which can be understood as 'Developmental Trauma'. As professionals working to enable traumatised children and families to heal and repair, we can become paralysed and stuck alongside them because their mind and body aren't yet 'ready' to do the therapeutic work we can offer them.

This training day explores how professionals can overcome this barrier - by developing a robust, creative and trauma-informed phase of stabilization and emotional regulation work before embarking on trauma-focussed therapy. Informed by cutting edge neuro-science and inter-personal neurobiology, delegates will experience a practical, hands-on, inspirational day enabling them to support children and teens to expand their window of tolerance, and be less triggered into hyper-arousal (fight, flight, freeze) and hypo-arousal (dissociation, collapse).

### PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Courses are refundable up to 30 days prior to the date of the course. Any cancellation with less than 30 days notice are NON-REFUNDABLE. You may send a substitute delegate providing s/he meets the course criteria. We reserve the right to cancel the course date, in this case we will notify you by email as early as possible, and advise you of an alternative date or provide you with a full refund. In the event of a course cancellation under 7 days' notice, a new course date or refund will be organised for you. Under no circumstances are Beacon House are liable for any travel expenses, childcare, potential loss of income or any associated costs.



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## LEARNING AIMS:

- To identify and understand how survival modes (fight/flight/freeze/collapse) function for traumatised children and teens
- To develop practical skills to build emotional regulation in children and teens within a therapeutic setting
- To develop interventions which support the parent/carer regulating the child in the stabilization phase of therapy

## COURSE REQUIREMENTS

This course is designed for any professionals working in a therapeutic setting with children and adolescents who have experienced trauma; including psychologists, psychiatrists, counsellors, psychotherapists, SENCO's, youth workers and social workers. Please get in touch if you are not sure whether you fit this criteria. Existing knowledge of Developmental Trauma would be an advantage. Delegates are encouraged to read the following prior to attending this course:

*Dr Bruce Perry - The Boy Who Was Raised As A Dog*  
*Bessel van der Kolk - The Body Keeps The Score*

## IMPORTANT INFORMATION

Refreshments and lunch are provided, please notify us of any allergies. Please be aware that we are not able to offer clinical advice about individual children during this training workshop.



MEET THE TRAINERS



Dr Shoshanah Lyons is the clinical director and founder of Beacon House. As a clinical psychologist she feels huge passion for understanding mental health and relationships through a developmental trauma lens. She is a promoter and advocate for trauma informed health, education, social care and criminal justice.



Roy Fears is a Drama and Movement Therapist at Beacon House. For 15 years in private and NHS settings he has developed his creative approach to work with clients across the life-span who have experienced trauma. He remains passionate regarding the understanding and repair of trauma in all its forms, while striving to evolve his practice in an ever-shifting social landscape where trauma is often overlooked, mistaken or misdiagnosed.

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