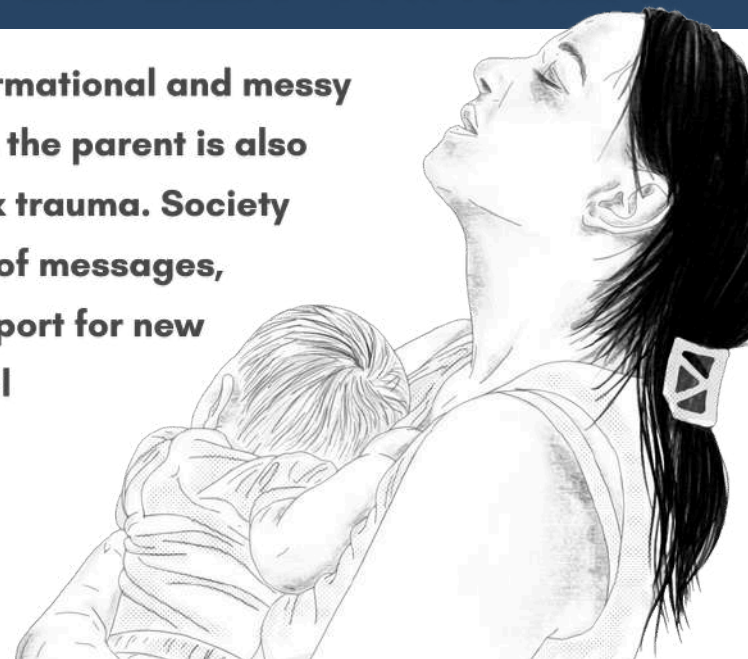




BECOMING A PARENT WHILST HEALING FROM COMPLEX TRAUMA

Becoming a parent can be a beautiful, transformational and messy experience for anyone and even more so when the parent is also healing from their own experiences of complex trauma. Society can bombard would-be parents with a variety of messages, both positive and negative and sources of support for new parents can be limited, with the whole parental journey being very different to how it was for past generations.



This online seminar seeks to equip would-be parents and new parents, who are also healing from their own past experiences of complex trauma, with the knowledge and skills they need to navigate this transformational life stage. In doing so, it will consider the challenges of each phase of the parental journey, from pre-conception to early parenthood and consider how this journey might be different for those healing from their own complex trauma. It will also seek to teach and give a live experience of different coping strategies for each stage.

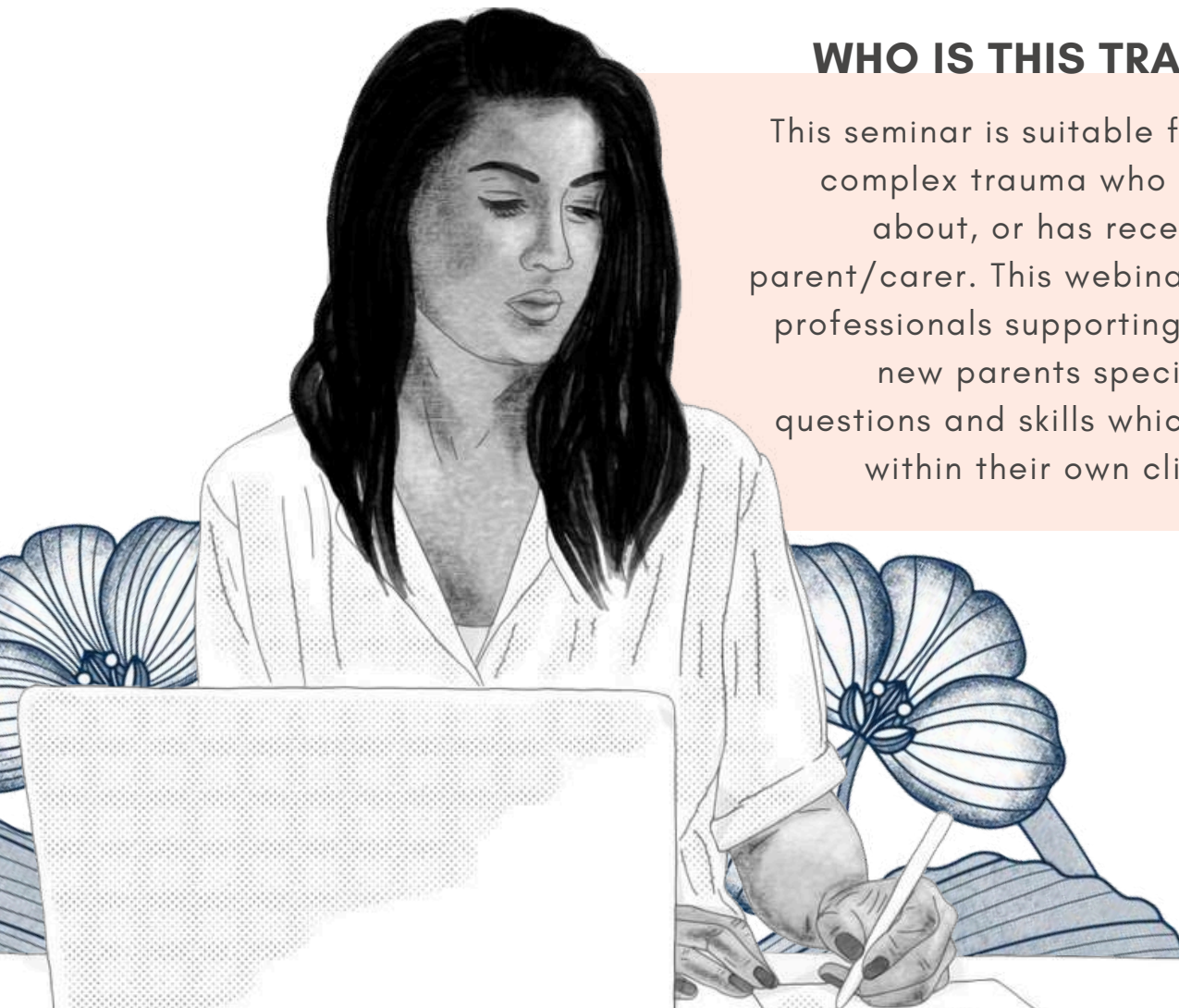
LEARNING AIMS - PARTICIPANTS WILL:

- Gain a **good understanding** of the parental journey and **how this might be impacted** by the parent/carers own traumatic experiences.
- Begin to **develop a toolbox of coping strategies** to help a parent/carer with complex trauma thrive at each stage of the parental journey.
- **Learn about help-seeking** and **trusted sources of support** during the parental journey.



WHO IS THIS TRAINING FOR?

This seminar is suitable for anyone with complex trauma who is also thinking about, or has recently become, a parent/carer. This webinar will also give professionals supporting would-be and new parents specific knowledge, questions and skills which they can use within their own clinical practice.



ABOUT THE TRAINERS

Dr Adele Greaves is a Clinical Psychologist working within the Beacon House Adult Trauma and Dissociation Clinic. She previously worked within Specialist Perinatal Mental Health and Adult Mental Health Services within the NHS. She is passionate about bringing a trauma-informed lens to the parental journey and supporting those with complex trauma to become the parents they want to be. She recognises and honours the vital role that parents with complex trauma play in breaking the cycles of transgenerational trauma, thereby ensuring that their babies and children have a better future.



Helen Townsend is the artist and Specialist Creative Designer here at Beacon House. She collaborates closely with Adele to bring together specialist content into a creative, beautiful, resourceful online training experience. As an adoptive parent herself, Helen is inspired by her experience living with trauma and loss in how she portrays the learning through her artwork.



TRAINING PACK & CERTIFICATES

You will receive a digital training pack containing resources and additional information to enhance your learning. Your certificate of attendance will be sent to you with your training pack.

HOW TO BOOK

Please visit our website: www.beaconhouse.org.uk/training where you can book your place online.



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

Refunds are available 21 days prior to the training. After this time this training is non-refundable.

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