

Have you experienced emotional trauma as an impact of your caring role or do you care for a person living with trauma?

**UNDERSTANDING TRAUMA AND SECONDARY TRAUMA
AND
ITS EFFECTS**

A two half day course for family carers

Trauma may cause flash backs, sleep disturbance, nightmares, anger, anxiety and depression to name but a few of the symptoms; are you living with the effects of trauma or supporting someone affected by a trauma, it may be that you are experiencing secondary trauma, and you want to learn how to help them and yourself, it maybe that you are unaware as to how you have the symptoms of trauma or when it all started, then this course is designed for you. You can learn how to maintain good relationships, and how to cope with the day to day trials and tribulations? Come along to this workshop and gain new insights, learn how to remain calm in challenging situations, develop emotional resilience and where and when to get help. Cliff Emmerson is a therapist and trainer specialising in trauma working in Ipswich, and the county co-ordinator for PTSD Resolution (www.ptsdresolution.org), a leading mental health charity. Cliff has completed 22 years' service in the military gaining a wealth of knowledge, experience, and many tools and strategies over the years, as well as understandings of trauma and secondary trauma in order to offer fast effective and long lasting change from this bespoke training without the psychobabble. From the very first training day you can start to feel better have more control in your life.

**To be held at The Kirkley Centre, 154 London Road South, Lowestoft, NR33 0AZ
between 10am – 2pm on Saturdays 24th June and 1st July 2017. Light refreshments will
be available but please bring your own lunch.**

To book a place on this course, please contact: **Bev Stearn**

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