



Training day for adoptive parents and other permanent carers



Pre-adoption
Post-adoption
Permanency
Advice &
Counselling

Trauma and the body: how to support yourself with Somatic Experiencing®

Who should attend

Adoptive parents and other permanent carers

Trainer

Roz Read (MA, UKCP, SEP) is part of PAC's Child & Family Team and has over 25 years' experience of working with traumatised children, initially in community, schools and street projects, and in the last 10 years with adoptive families as a therapist. She is a UKCP registered Integrative Child Psychotherapist and Somatic Experiencing® Practitioner.

An introduction to working with the body to help alleviate the symptoms of trauma using Somatic Experiencing®, a pioneering, body-awareness approach to the physical and psychological symptoms of stress, shock and trauma. Somatic Experiencing® is used through the world to treat trauma survivors including war veterans and people who have experienced natural disasters.

Grounded in recent neuroscientific research, Somatic Experiencing® works with the body's natural self-regulating systems. The aim is to restore emotional regulation through tracking the body's physical sensations, allowing the body itself to gently re-establish equilibrium. It is unthreatening and empowering and does not necessarily involve touch. There will be a practical experiential component to this workshop with the aim that you will feel calmer and more resourced.

Date

Monday
17 June 2013
10.00am – 4.30pm
Lunch will be provided

Venue

NCVO
8 All Saints Street
London N1 9RL
(near King's Cross)

Prices

PAC Subscribing Local Authorities:
Individuals: £78 (£93.60 incl.VAT);
Couples: £146 (£175.20 incl.VAT)

PAC Non-Subscribing Local Authorities:

Individuals: £89 (£106.80 incl.VAT);
Couples: £167 (£200.40 incl.VAT)

Benefits of attending:

- Understand how the stresses of parenting traumatised children impacts upon you and your nervous system;
- Learn simple tools to help you feel more grounded and in control;
- Develop capacity in managing while under pressure.

Enrol pac.org.uk/training **Contact** training@pac.org.uk **Web** www.pac.org.uk **Tel** 020 7284 5872

PAC, 5 Torriano Mews, Torriano Avenue, London NW5 2RZ