

I am interested in this Training Programme  
Please send me further information:-

Name: .....

Address: .....

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Postcode: .....

Tel. No.: .....

**Please enclose a stamped addressed envelope (A4 size  
52p stamp) to:-**

**Tracey McDowell  
Course Co-ordinator  
WAVE Trauma Centre  
5 Chichester Park South  
BELFAST BT15 5DW**

Please note that no application form will be sent  
without an SAE.

Interviews will be held the two weeks prior to the  
course commencing

## **Training Programme**

### **Module A: Theoretical Background to Personal/Community, Experience (10 days)**

- 1&2. Acknowledge Our Own Experience (2 day Residential)
3. Introduction to History of Trauma and its Effects
4. Gains, Traps and the Cost of Helping. Ethics and Values
5. Introduction to Project Work/Introduction to Right Relations
6. Stages of Bereavement after Violent Death
7. The Traumatic Cycle: Hindrances and Helps to Healing
8. Children and Trauma
9. Right Relations
10. Small Group Presentation of Course Learning

### **Module B: Application of Theory and Experience within a Community Context (8 days)**

11. The Initial meeting and the Creation of a Safe Space
12. The Need for Boundaries: Empathy and Distance in the Supportive Relationship
13. Communication Skills/Right Relations
14. Congruence and Authenticity in the Worker
15. Prejudices and Mindsets of the Worker: Language and Labelling
16. National and International Conflict in Relation to Trauma
17. Right Relations
18. Small Group Presentations

### **Module C: The N.I. Experience within an International Context (8 days)**

- 19.&20. Orthodox and Alternative Therapies in Trauma: (Sharing of Different Community Experience)
21. Addiction and Trauma/Right Relations
22. An Introduction to Meditation
- 23.&24. Restorative Justice (2 day Residential)
25. Right Relations
26. Presentation of Individual Projects

# **WAVE Trauma Centre**



*For the care and support of people  
bereaved/traumatised through  
the 'Troubles' in NI*

### **WAVE Trauma Training**

*In conjunction with the school of Nursing and  
Midwifery, Queen's University of Belfast*

Trauma is defined as: 'a powerful shock/injury which may have long lasting effects causing the individual to feel that there is a complete disorderliness and lack of continuity in life' (Hart 1993:9).

Most people in Northern Ireland have been affected directly/indirectly by the 'Troubles' of the last 30 years. Those who have been directly affected through bereavement - traumatic experience have generally found their support through family, friends, in the voluntary sector or with community groups.

WAVE has devised a very comprehensive training programme to inform and equip community leaders/workers, clergy, CPN's Social Services etc to work with people bereaved/traumatised through the 'Troubles'.

**WAVE Trauma Centre  
5 Chichester Park South  
BELFAST BT15 5DW**

**Tel: (028) 9077 9922**

**Fax: (028) 9078 1165**

**Email: [wavetc@clara.co.uk](mailto:wavetc@clara.co.uk)**

**Website: <http://www.wavetc.clara.net>**

## **Format**

The format of the course is designed as follows:-

One day per week from 10 am to 4 am for a period of 24 weeks. There will also be two residentials of two days making a total of 26 working days.

Each participant will be assigned to one of the trainers who will be available for consultation.

Each participant will be invited to team up with another participant for mutual support, the pooling of resources and the sharing of ideas.

It is strongly recommended that participants enter counselling.

This training aims to recognise and build on the experience and insight of community workers who have largely provided whatever containment was available in communities badly affected by the Northern Ireland situation. This approach is in line with Adult Learning Theory and with the grass roots approach to community development.

While acknowledging already existing expertise we aim to challenge participants to expand in terms of theoretical knowledge, group experience and encounter with workers from what may previously have been perceived as different/opposite communities. Ultimately we aim to set the Northern Ireland experience within the context of international experience and expertise.

There are 3 strands to this Training Programme:

### **a) Theory**

The course will call on Trauma Theory which has evolved since the late 19th Century, using insights from Freud through to psychiatrists working during World Wars I & II, the contributions of war veterans and the Women's Movement.

### **b) Self-Awareness**

Self-awareness enables the individual to gain access to inner strength, talents and resources beyond the strong willpower upon which many of us have relied in order to survive. In the Bloomfield Report, Sir Kenneth Bloomfield refers to "thousands of people coping with bereavement, the burden of caring, and/or the effects of physical or psychological damage for many years to come". Accessing inner resources through self-awareness will help the worker to commit to such long term work.

## **c) Right Relations**

Here we seek to provide some practical experience of creating a safe enough space within which some of the issues evoked by the course may be faced and difference honoured.

Each of these 3 strands, while explicit in some of the seminars, is implicit in the entire course.

### **Aims of the Training Programme**

- To expand the awareness and efficacy of people working with direct/indirect victims of 'the Troubles'.
- To explore models of trauma within a community context.
- To develop professional skills to enable workers to work more effectively and to avoid burn out and secondary trauma.
- To develop skills in self-awareness.

