



Specialist Trauma Training for IAPT Services

The Traumatic Stress Service
Supervision - Training - Consultation



Training packages

The Traumatic Stress Service designs and delivers training and supervision packages for healthcare professionals working with PTSD in IAPT and other mental health services.

Many IAPT services now receive referrals for complex cases of PTSD, and may not have a specialist trauma service in their area for onward referrals.

Our training packages aim to train clinicians to meet the needs of more complex clients. Training typically includes:

- Skills refresher classes on CBT for PTSD;
- Advanced topics aiming to help clinicians overcome commonly-encountered problems, such as working with multiple and early life trauma, managing dissociation and affect avoidance;
- Working with special groups such as refugees, military veterans, traumatic bereavement, and survivors of childhood abuse;
- Concurrent specialist supervision (delivered in person or remotely).

Training is delivered in-house, and is tailored to meet the needs of your service.

“Excellent course – I can’t recommend it highly enough.”

Workshop feedback

Training outcomes

Previous training packages have been carefully evaluated and the following outcomes have been demonstrated:

- Improved PTSD knowledge
 - Improved self-efficacy
 - Improved PTSD treatment skills (as measured by externally-rated session tapes)
 - Improvements are maintained a year after training ends
 - **Improved PTSD client outcomes (on the IES-R)**
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Trainers

All trainers are highly experienced Clinical Psychologists with many years of specialist clinical work with PTSD. They provide teaching and supervision nationally and internationally on working with trauma and are BABCP-accredited practitioners, supervisors and trainers.

Workshops

Workshops are conducted in-house. Skills-based training with an experiential focus, combined with clinical demonstrations, ensures that participants learn and practice the skills needed to treat PTSD competently and confidently.

Webinars

Training packages can incorporate web-based learning using online webinars if required. Participants can 'call in' to webinars from any base, enabling them to access training remotely and flexibly.

Costs

Call us on **020 3513 6911** to discuss your individual requirements. Prices vary depending on type of package.

Sample estimates:

- 1-day workshop (up to 30 participants) - £800
- 4-day advanced training package for working with complex cases (up to 30 participants) - £3,000
- 4-month training and supervision package including 4 day workshops, 4 webinars and monthly specialist supervision (for 20 participants) - £8,800

You can find out more about the Specialist Trauma Training for IAPT Services by:

 TraumaTraining@swlstg-tr.nhs.uk

 **020 3513 6911**



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NHS Trust

Specialist Trauma Training for IAPT Services

Our values



Respectful



Open



Collaborative



Compassionate



Consistent

If you require this document in an alternative format please call: 020 3513 6006

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