

TRAUMA RECOVERY NEWS

Welcome again to Trauma Recovery Network's newsletter with a special greeting to all our new members who have come on board since our last communication in June and to all those who have been in contact with us even over the holiday period with policy and practice issues which they would like to address through the TRN forum mechanism. We very much hope that this work can be developed further and like so many others we are awaiting the outcome of our Peace III application.

In particular I would like to welcome Women's Aid on board as TRN members. One of the core aims of TRN as a forum is to open the debate on new approaches to trauma recovery, prevention and intervention examining links between political trauma and other violence/aggression related trauma. The opportunity to work closer with an organisation such as Women's Aid along with Derry Well Woman through the Forum is therefore vital if we are to better examine and profile the full psychological effect of the conflict on communities.

In this issue we have an update from our Members' Meeting on 12th May attended by representatives of 16 groups working with victims/survivors of NI political

conflict. At what developed as a lively and intense discussion on the future direction of the independent forum members made clear their commitment to and enthusiasm for the network. A framework for a further work programme was a main output of the session where collaborative partnerships around strategising, visioning, trauma healing, standards and good governance and collective independent action were all well endorsed. TRN Board and staff very much appreciate the input of all who attended and are working to produce a concrete strategy and action plan for the next three years.

Our Information Database continues to grow and we would again encourage any organisation who have not yet signed up to be included to please return the forms as soon as possible..

Hopefully you will find the contents of this edition informative and I would welcome any comments, suggestions or ideas for further editions at any time.

Paula Beattie
Regional Manager

TRN ON THE WEB

Find out more about TRN and our work programmes, how to become a member, updates, reports and key papers relating to our seminars and much more by checking out our website.

We have further exciting plans for our site to develop tools that we believe will create synergies and connect all working in the field of trauma recovery. These include the development of online discussion forums and a central information and database reference service all of which will be available to our member groups who have recently given welcome feedback on what they need from TRN.

Log on to www.traumanetwork.org!!



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www.traumanetwork.org

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Social Impact Tracker

Derry based social enterprise Cúnamh ICT and the Tool Factory have developed a partnership to bring a new version of eMonitoring© to the UK community & voluntary sector. Social Impact Tracker was launched at the Charity Fair, London where it was proclaimed as the way forward for organisations to effectively monitor and evaluate their activities and report these at a touch of button.



Both Cúnamh ICT and the Tool Factory's vision are to provide high quality, affordable tools and resources for Third Sector organisations.

Bev Meldrum from the Tool Factory says "One of the biggest areas of growth in the third sector is the interest in social accounting and reporting on social aims. Organisations are beginning to realise that they now have to prove their social impact and funders are searching for tools that will make their jobs easier and standardise the process of reporting on soft outcomes".



Amongst eMonitoring many features organisations can record quantitative and qualitative data on their users, groups and activities, perform their own self-evaluation or measure distance travelled. It is viewed as a model of good practice within the NI sector and endorsed by funders/donors.



"We are very excited with the partnership with the Tool Factory. They are in contact with 800 community support organisations with on average have 200 members each. They recognise that there exists enormous potential for this product within GB", says Peter MacCafferty from Cúnamh ICT. "The success of a product such as eMonitoring is based on educating the potential customer - in this case the support organisations including the CVSs. Once educated they will be in a better position to market the software to their members".

For more information or online demos on eMonitoring and other products visit www.emonitoring.org or telephone Peter on **02871 308166**.

Review of the Civic Forum

What is the Civic Forum?



The Civic Forum is a consultative mechanism on social, economic and culture issues envisaged by the Belfast Agreement (Paragraph 34, Strand 1). The Forum, which met for the first time in October 2000, comprised 60 members plus a chairman. The members were drawn from 10 sectors of civic society, namely Voluntary & Community, Business, Trade Union, Churches, Arts & Sports, Culture, Agriculture & Fisheries, Community Relations, Education and Victims.

The First Minister and the deputy First Minister at the time were also each responsible for three personal nominations.

Due to the devolved institutions suspended in 2002 the Forum was unable to continue its activities.

Community Dialogue would like to inform you that the OFMDFM officials are currently having an online

consultation, regarding 'the review of the civic forum'. Any individual or organisation is welcome to respond to the review before the 29th August. All information can be found on the web site www.ofmdfmni.gov.uk. 'Making Government Work' section, or get in touch with Community Dialogue where we can arrange to meet with groups / individuals.

HAVE YOUR SAY

Eileen Weir
Development Manager
Community Dialogue,
373 Springfield Road
Belfast
BT12 7DG
Tel: 028 90329995

THE HARMONY PROGRAMME

Cognitive Behavioural Therapy (CBT) for Everyday Use

- to provide the opportunity to learn CBT techniques to manage the many emotions resultant from having lived in a conflict state including stress, depression, anxiety and anger.

Cognitive Behavioural Therapy (CBT) Support Group -

for those women who have completed the CBT for Everyday Use course and feel they need an extra monthly support mechanism.

Assessment Interviews - provided for all women on our Generic Counselling Waiting List.

Anger Management Courses - to provide opportunities for women to develop and practice assertive, healing or managing techniques in challenging situations.

Mindset - To promote an understanding of how cognitive processes can influence and affect our behaviour i.e. how we discriminate, perceive and judge; to support tolerance and acceptance of all aspects of ourselves and others; to enable the acceptance of diversity as an enhancing and life enriching experience rather than a threat and to introduce yoga and meditation as relaxation tools.

Confidence to Question - To enable women who have been directly affected by the Troubles to build their

confidence around those specific conflict related issues which directly affected them and to help them to engage fully in the new post-conflict era.

Rolling with the Punches - to provide women with skills and strategies to cope with major changes in their lives and communities. To reduce stigma associated with mental health issues and to create a network of support which will reduce isolation for vulnerable women who lack the strong support of social networks.

Advanced Training for Practitioners in Solution

Focused Brief Therapy - this programme delivers training in one specific approach - Solution Focused Brief Therapy - which can be applied in their work with Victims/Survivors. It assists practitioners in developing an effective approach to helping clients affected by Trauma and by the legacy of the conflict.

Developing Solutions for Community Leadership - to provide a progression route for emerging community leaders who are working with Victims/Survivors within our communities; to introduce the practices of exemplary leadership; to teach the skills of effective Solution Focused Leadership in a community setting and to encourage a broader understanding of community needs.

TRAINING OPPORTUNITY

Advanced Training for Practitioners in Solution Focused Brief Therapy

Derry Well Woman has received funding from the Community Relations Council to once again deliver their high quality Advanced Training for Practitioners in Solution Focused Brief Therapy.

There will be 75 hours of course delivery including a weekend residential.

The course will be delivered in Derry Well Woman's premises on a Monday evening beginning 13th October 2008 through to February 2009.

The course seeks to promote a model of helping based on the construction of solutions rather than on placing the focus on problem solving as practised in the more traditional approaches. It will address the needs of clients presenting with a variety of different issues and will consider the cultural, social, familial and systemic positions of clients. It will also encourage participants to apply a solution focused approach to their own self-management and their personal development. The course will provide specific skills in Counselling and Listening to those Counselling Staff and Volunteers engaged with agencies who are working with Victims/Survivors.

There is no charge for this course.

For further information or an application form please contact Susan Gibson in Derry Well Woman on info@derrywellwoman.org or at the centre on 71360777

“Excellent, very interesting. Engaging - well laced with humour and gracious self-deprecation.”

Comment from delegate at the 2004 workshop with Atle



Atle Dyregrov, Ph.D., has worked as the Director of the Center for Crisis Psychology in Bergen, Norway, since its foundation in 1988. Furthermore, he is a member of the Norwegian Psychological Associations, a member of the executive board of The International Critical Incident Stress Foundation, and a founding member of the European Society for Traumatic Stress Studies. He gives lectures in the faculties of medicine and psychology at the University of Bergen, and has worked as clinician and researcher at the Bergen Children's Hospital and at the University of Bergen.

Atle Dyregrov, Ph.D., played a central role in preparing the trauma framework and in developing the crisis intervention approach. In addition to providing on-going consultation, Dr Dyregrov also acted as trainer in the annual seminars arranged by the center. The topics included psychological debriefing, traumatic crisis and grief, trauma and grief in children and adolescents as well as psychological aid for the traumatized and grieving children and adolescents.

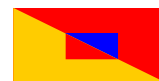
Dr Dyregrov is the author of numerous publications, journal articles, and books. His book *Grief in Children* has been published in eight languages. Two other books have been translated into Finnish. *Disaster Psychology* and *Grief and Care within Schools*.

Dr Dyregrov has lectured widely in the Nordic countries, in Britain and in the United States. He has worked as consultant to various UN organizations, especially to UNICEF, in order to help war-inflicted children in Africa, the Middle East and former Yugoslavia. He has also worked as advisor to UNHCR, helping to develop personnel support practices in various parts of the world.

Furthermore, he has done clinical work in the following areas: parents' grief reactions after losing a child, grief and trauma in children, organizing disaster aid, as well as critical incident stress management in disaster workers and other helpers. In addition, he has worked with children in war situations.



Various comments from delegates at previous workshops with Atle



“Informative and inspiring.”

“Wonderful! Very polished and easy to listen to. Very absorbing.”

“Very motivating and entirely engaging.”

“Fantastic ability to hang theory on to anecdotal experiences.”

“Very easy to listen to. Wonderful wealth of experience grounded in reality.”

“Really excellent at holding one's attention.”

“I found Atle a brilliant facilitator his wealth of experience is amazing.”

“Superb delivery, focussed but kept listeners involved through humour. The time flew.”

“Initial concern about one person presenting material in terms of sustaining interest etc - completely overturned! Atle made this a wonderful and enlightening experience.

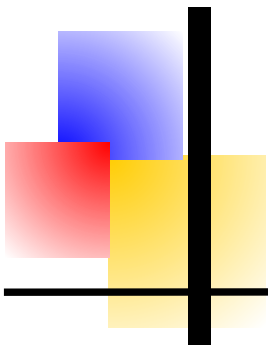
“The delivery of the Tutor was excellent. A lovely blend of humour and anecdotal accounts of real experience from professional practice.”

“Conference presentation excellent. Atle was inspiring!”

“The Tutor was very charismatic, easy to listen to.”

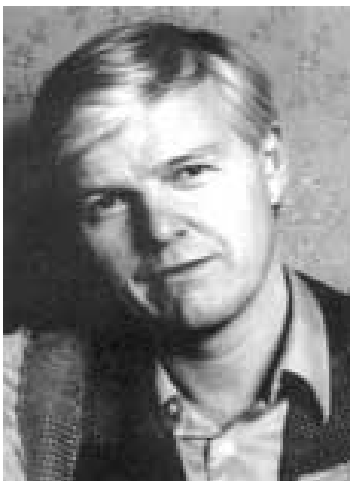
“Fantastic!!! Natural ability of Atle to present his experience to the audience.

“Inspirational!”



Atle Dyregrov Workshop
29th-30th September 2008
Belfast

THERAPEUTIC APPROACHES TO THE TREATMENT OF COMPLEX GRIEF



This 2 day workshop will look at

- New research on grief—when is therapy necessary?
- Complicated grief—various forms
 - Prolonged Grief Disorder— a proposed new category
 - Grief complicated by PTSD
 - Postponed grief—reality or myth
- Treatment of complicated grief
 - Individual and group help
 - Self help strategies

In the previous 2 workshops with Atle, places were limited to 180.

They both filled up well in advance and a waiting list had to be implemented.

For this workshop only 120 places are available. **BOOK EARLY!!**

Please Contact: Brian Cairns
Family Trauma Centre 028 9020 4700



PEACE III – Priority I, Theme 1.2, Strand 2: Promoting Participation. Call for applications

Applications are now invited under this strand of the European Union PEACE III Programme. This strand has been open for applications since 20 June and will remain open on a rolling basis.

The aim of this strand is to provide advice, counselling and support services for victims, their relatives and those who care for them. It also aims to build the capacity of individuals to deal with the transition to peace and reconciliation and ensure victims and survivors are able to deal with the past.

The Community Relations Council (CRC) and Border Action have been appointed by the Special EU Programmes Body as a joint delivery mechanism of Priority 1, Theme 1.2 of the PEACE III Programme. If you would like information on this call for applications please visit the Special EU Programmes Body website: www.seupb.eu or alternatively contact:

CRC	Border Action
Patricia Armstrong parmstrong@nicrc.org.uk	Colette Nulty Colette.nulty@borderaction.ie
Tel: +44 (0)28 9022 7500	Tel: +353 (0)47 71340

Everybody hurts sometimes

No matter what your age or where you live in Northern Ireland, if you, or someone you know, is in distress or despair, Lifeline is here to help you.

- Lifeline counsellors are available 24 hours a day, 7 days a week to listen to you and give you the help and support you need, in confidence.
- We are experienced in dealing with issues such as suicide, self-harm, abuse, trauma, depression, anxiety.
- You'll get immediate help over the phone. If appropriate, we'll give you an appointment for face-to-face counselling or other therapies in your local area within 7 days.
- Lifeline can also put you in touch with follow-up services to make sure you get the best possible response to your needs.

Lifeline also gives support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy and communities. Just call Lifeline.

Lifeline

**If you're in distress or despair,
call Lifeline free on 0808 808 8000.
(Calls are free from all landlines and mobiles)**

THE WIDER CIRCLE TRAUMA PROGRAMME

I am writing to inform you of the Wider Circle Trauma programmes commencing in September. These programmes will begin with an information evening. Thereafter the groups will meet weekly for a period of 2 hours (7pm – 9pm) over a 16-18 week period.

If you would be interested or know of anyone who might benefit by joining one of the programmes, please pass on the information evening details and ask them to contact me by Friday 22nd August.

Thank you for assisting The Wider Circle with this important work.

Through its structured self-help trauma programmes, The Wider Circle seeks to restore a sense of hope in the lives of people who have suffered a trauma. Traumatic experiences can range from a serious car accident; to abuse, and, of course, as a result of the conflict in Northern Ireland. A traumatic event can be anything where someone suffers a severe shock.

Many traumatised people experience disturbed memories, feelings of isolation, and helplessness. The Wider Circle is not a counselling organisation and cannot offer counselling to individuals. However, through its Trauma Programmes, The Wider Circle provides a supportive and safe environment where people can deal with frightening emotions and experiences. They can share their stories and their problems, and know that they are not alone in their suffering. They are encouraged to accept their trauma as something that happened in the past, rather than something they have to live with all the time.

The Wider Circle Trauma Programmes are free of charge, and take place across Northern Ireland. They are available both to those who have suffered a trauma and to those who care for traumatised individuals.

The new series of Trauma Programmes begins in September. Sessions focus on sharing traumatic experiences through a process of story telling in a supportive and confidential small group atmosphere. A range of visual materials and reflection are also used. The trauma is put in the context of being a part of a person's life, rather than becoming their whole life. New

participants are welcomed into a friendly and warm atmosphere. This is a group support situation. It is where people can come together to support and develop rather than going it alone as an individual.

Over the past 8 years, The Wider Circle has helped over 130 people through its trauma programmes. Many thousands more have been helped through its trauma publications.

Many of those who have benefited from the Trauma Programmes have been encouraged to become programme facilitators themselves. Through their unique understanding and support, they help other traumatised individuals to move forward with their lives, and make a positive contribution in society.

In conjunction with its trauma programmes, The Wider Circle has also produced a publication that explains in very simple terms what trauma is and how to cope with it.

1. BENBURB	Benburb Priory, Co Tyrone Tuesday 9th September @ 7.00pm
2. DUNDALK	Diocesan Pastoral Centre, The Magnet, The Demesne, Dundalk, Co Louth Tuesday 30th September @ 7.00pm
3. SOUTH BELFAST	Corrymeela House, No 8 Upper Crescent, BT71 Monday 22nd September @ 7.00pm
4. BELFAST	Australia House, 10 Stockmans Lane (sharp entrance after traffic lights for Musgrave Hospital), Belfast Thursday 18th September @ 7.00pm

If you would like to find out more about these programmes, you can contact the Wider Circle on 90245595 or email at info@widercircle.org

UPDATE ON MEMBERSHIP OF TRN

Please find below our current membership list including some new members. We are delighted to have new projects on board and look forward to working alongside them in the future.

- Droichead an Dóchais, Ashton Community Trust
 - Contact Youth Counselling
 - Derry Well Woman
- Gestalt Practitioners Network
- Institute for Counselling & Personal Development
 - Lifespring Health & Healing
 - Lenadoon Counselling Project
 - New Life Counselling Service
 - Victims & Survivors Trust
 - Tar Anall
- The Corrymeela Community
 - Kabosh Theatre Company
 - Tar Isteach
- Corpus Christi Services
 - EPIC Drop-in Centre
- Philip Cahill - Counsellor
- John Foster - Psychotherapist
- Anne Mac Sherry - Clinical Specialist Physiotherapist
 - Peter MacCafferty - Cunamh ICT
- Julie-Anne Mullan, Consultant Therapist & Personal Development Trainer
 - Fr Aidan Troy
- The Peace Centre, Dungannon
 - The Wider Circle
- The Centre for Peace Building, An Teach Ban
 - Community Dialogue
 - Womens Aid Federation

Some of the benefits of becoming a member of TRN include direct involvement in the only independent Forum to energise, connect and influence the Trauma Recovery Sector.

Shared information, support and partnership working at a regional level to influence policy and funding responsive to and supportive of the sector.

Direct access to Regional Database of service provision to victims/survivors of NI Political Conflict Quarterly newsletter

Involvement in needs analysis of organisations working in the Trauma Recovery Sector

Promotion of services and dialogue on TRN website and voting rights at AGM.

If you or your organisation would like to become a member of TRN please contact our Development Officer, Colleen Symington, on 90875012/6 or via email info@traumanetwork.org. Or alternatively you can download an application form from our website www.traumanetwork.org.

TRN Members Inform...

On 12 May TRN held our first planning meeting with member organisations and individuals since membership formally opened in October 08. Attended by representatives of 16 member groups this was a key meeting where members had the opportunity to input directly to the future development of this independent forum to support the work of organisations working with victims and survivors of our political conflict.

At what is a crucial stage in TRN's development in relation to sustainability and strategic planning groups were asked to consider and discuss how best a forum like this could support their work through methods underpinned by practical partnership working.

The following questions were used as a framework for the session:

If TRN was doing the best job possible for your group or community of interest, what would this look like?

How do you wish to influence TRN's development?

Have you one 'big idea', a focussed campaign or action strategy that your group needs support with or that the broader network could help you drive?

In addition to our newsletter, information services, comprehensive database and key issue seminar series...how could TRN maximise influence on the Assembly's policy agenda?

In what turned out to be an extremely positive and energetic engagement those present made a major contribution to the discussion on the future role for TRN as a forum supporting and developing meaningful collaboration and acting as a conduit between the sector and key policy makers. It is clear that our members see TRN as the growing hub of the trauma recovery sector with a collective independent political voice working against fragmentation and dissipation. As one contributor put it:

'TRN can take the lead in strategising, visioning and joining head and heart in the trauma recovery sector while the rest of us are engaged in day to day work'

TRN Board and staff welcome very much the input from our member groups who are ready to embrace ownership of the forum and have given valuable input, time and commitment.

We will keep all informed of our development plan and forthcoming work programme in due course.



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