

TRAUMA RECOVERY NEWS

Welcome again to *TRN's newsletter*. Our last edition reached a total circulation of 600 and this time around we have compiled more of a bumper edition to meet the demand of those wishing to contribute.

In this issue we have an update from our Annual Conference and AGM held in Armagh in November where a total of 60 delegates heard the presentation of Depositions in response to the Consultative Group on the Past for NI and all of which are detailed on the Reports section of our website www.traumanetwork.org. The response from TRN as a Forum is also detailed within the main content of the Newsletter and has been agreed by our full membership as broadly representative of all our organisations'

views in relation to effective and meaningful trauma recovery.

In addition we have further update on the growth of our membership as an independent Forum now developing on both sides of the Border and would encourage those who may be interested but who have not yet signed up to TRN to do so as soon as possible. In this time of uncertainty where the sector faces major sustainability challenges for the future and ongoing challenges on how best to deal with the past working through an independent Forum should be one of the most effective mechanisms to influence policy makers.

Paula Beattie
Regional Manager

CRC Information...

CRC Core Funding Scheme and Victims + Survivors Groups Development Scheme

Confirmation has been received from the Victims Unit, OFMDFM that CRC has been given a further 1 year's funding to March 2009 by way of an interim arrangement of any future Scheme. It is anticipated that during 08/09 plans will be progressing to put in place a new funding arrangement/scheme for groups working with victims and survivors.

CRC Annual Conference for Groups working with Victims + Survivors

The date for CRC's fifth annual 2 x day conference will be 15th and 16th September 2008. Please keep this date in your diaries. Further details on the programme will be discussed with groups working with victims in the coming months.

CRC Response to the Consultative Group on the Past

CRC provided the CGP with their response on 25 January 2008. Full details of this response can be obtained from CRC's website: www.nicrc.org.uk.

Trauma Recovery Network • 61 Duncairn Gardens • Belfast BT15 2GB
Tel: 028 9087 5012/6 • Fax: 028 9087 5017 • Email: info@traumanetwork.org

www.traumanetwork.org

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UPDATE ON MEMBERSHIP OF TRN

TRN would like to warmly welcome all of our new Members on board. Our Membership is steadily growing since its development in October, 07 and currently includes;

- 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
- Triskele Community Training & Development
 - Victims & Survivors Trust
 - Tar Anall
- The Corrymeela Community
 - Philip Cahill - Counsellor
 - John Foster - Psychotherapist
- Anne Mac Sherry - Clinical Specialist Physiotherapist
 - Peter McCafferty, Cúnamh ICT
- The Centre for peace Building, An Teach Bán
 - Kabosh Theatre

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.

Derry Well Woman Training Opportunity

'Developing Solutions in Community Leadership'

To introduce the practices of exemplary leadership

To introduce a Solution Focused approach to working at ground level in communities

To teach the skills of effective Solution Focused leadership in a community setting

To encourage a broader understanding of community needs

Venue: Derry Well Woman

Dates: 07 Feb 08 - 13 Mar 08

To book a place please contact Christine on 71360777 or christine@derrywellwoman.org

You and Me, Mum

In Northern Ireland, Women's Aid has been supporting women and their children for more than 30 years. The range of services is constantly developing and has been made possible by the dedication of staff and the cooperation of partner agencies across the statutory, voluntary and community sectors.

Many elements of Women's Aid's work are very well known - the provision of high quality refuge services and the 24 Hour Domestic Violence Helpline are readily identified by the public as part of our core services. Many are also familiar with our outreach work with women in their home or community.

Others are aware of our extensive work in schools that teaches young people and children about keeping safe and is supported by peer support groups for children whose mothers are using Women's Aid services.

There is no doubt that Women's Aid is one of the most dynamic and responsive services available to women. The key to this dynamism is that Women's Aid has always been shaped and led by women and their children. In the past, women have talked to us about the support they need to escape from abuse, the barriers they face in accessing help and in supporting their children. In response, Women's Aid has developed a range of services to meet those needs.

More recently, women have been talking about what happens to mothers and their children after they have escaped the abuse. Generally speaking, a great deal of focus has necessarily been placed on the safety and wellbeing of individuals at the point of leaving or the immediate aftermath. However, mothers and staff have been talking about the long road after abuse and how to ensure that positive relationships are established or maintained.

From these discussions, women identified the need for a programme which supported mothers and their children and young people. This was the first step in the development of You and Me, Mum.

Underpinned by the acknowledgement of the strengths and coping skills of women and their children, the programme promotes the Women's Aid ethos of empowerment and self help. It supports and develops further understanding of a mother's role in addressing the needs of children and young people who have lived with domestic violence.

You and Me, Mum is delivered in a non-judgemental, non-threatening environment for mothers. Women have the opportunity to safely explore the impact domestic violence has had on relationships with children and young people. It recognises the central role of mothers in protecting children and young people and creating opportunities for positive development. It is important to note that the programme works with mothers, it does not work directly with children.

The programme aims are as follows:

- To understand how domestic violence can affect you as a mother.
- To understand the effects of domestic violence on children and young people.
- To develop effective communication skills with children and young people.
- To promote healthy and non-violent relationships.
- To explore key Protective Behaviour messages and strategies for keeping mothers, children and young people safe.



For women who are interested in taking part in the You and Me, Mum programme, it will be available in Women's Aid groups across Northern Ireland from Jan 2008. Details of You and Me, Mum and all the services available in your area are available in your Women's Aid centre.

For support and information or details of your local Women's Aid centre call the 24 Hour Domestic Violence Helpline on 0800 917 1414. The Helpline is open to anyone affected by domestic violence.

Rebuilding relationships after domestic violence is an intensely personal process.

You and Me, Mum is an essential tool for all mothers as they start that journey with their children.

**Women's Aid Federation
Northern Ireland
129 University Street
BELFAST BT7 1HP**

**Tel: 028 9024 9041
Fax: 028 9023 9296
Website:
www.womensaidni.org**

**24 Hour Domestic Violence
Helpline - 0800 917 1414**

The Wider Circle Trauma Programme

Many of us are close to someone who has experienced a traumatic event in their lives. Or perhaps we have been traumatised ourselves.

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 this year in a number of locations in Belfast, and in Armagh as well as Dundalk. 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 February. 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.

The details of these programmes are as follows:

**Information Evening
Monday 25th February 2008
7.00pm - 8.30pm
Corrymeela House
No 8 Upper Crescent, BT71**

**Information Evening
Tuesday 26th February 2008
7.00pm - 8.30pm
Benburb Priory**

If you would like to find out more about these programmes, or can offer support, you can contact the Wider Circle on 90245595 or visit its website at www.widercircle.org.

Over the past 8 years, The Wider Circle has helped over 100 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.

'The Sky Before The Storm' publication sets out in simple language the devastating physical and psychological effects of trauma and how to move forward from a traumatic experience. The book is also of benefit to professional bodies. It provides information on how to work with trauma survivors to reduce symptoms and to increase their confidence and esteem, so they can learn to cope again.

'The Sky Before the Storm' has been sent to all GP surgeries in Northern Ireland. You may have seen a copy in your own local doctor's surgery. This has helped the Wider Circle to spread awareness about psychological trauma to a wider circle of people, particularly those who have been seriously affected by 30 years of violence in Northern Ireland.

Hearing the Voices: Sharing Perspectives in the Victim/Survivor Sector

Katy Radford and Sara Templer introduce some of the findings and recommendations from their recent research report on victims of the Troubles.

A recent research report commissioned by the CRC has drawn together the collective views of their funded groups under the Victims' Programme in relation to how groups and individuals connected to the Sector want to move forward in terms of exploring ways of shared working.

Over the course of the project, 37 groups were actively involved in shaping the direction of the research and these included those who have been referred to as victim-perpetrators (namely armed individuals and groups who have acted in both pro and anti-state interests, including the security services). The final report brought together consensually agreed issues of shared concern for all the participants and in total 29 recommendations for government, for the Victims' Commissioner and for groups themselves were drawn.

Not surprisingly, more questions than answers were raised as matters of mutual concern in relation to the implementation and development of policy that directly affects the Sector. But what was particularly surprising to find was that, for a sector that has been so directly involved in and affected by the Conflict, a great number of the participants to the research considered that their views have not been explicitly sought out or taken on board in many other research exercises or consultation processes.

How can this be so? Northern Ireland is envied by policy makers and non-governmental organisations in the rest of Ireland and the United Kingdom for its inclusive protections for vulnerable groups as legislated for in Section 75 of the Northern Ireland Act (1998). Much good practice and some guidelines have been developed to ensure that specific groups are approached for consultation purposes in appropriate and sensitive fashions. It now goes without saying that anyone seeking to work with minority ethnic communities ensures that arrangements are made for interpretation and translation services, that those seeking the views of women pay particular attention to child-care needs in the course of the consultation process and that those working with children and young people devise methodologies, including the use of the arts, that ensure inclusivity of a range of abilities to express views. Perhaps because victims are not named directly as one of the S.75 categories, less rigour seems to be applied to considering their circumstances, needs and vulnerabilities when seeking out their views. It became evident over the research process that specific tailored consultation mechanisms for the Sector would be welcome.

Let's be frank: victims and survivors constitute a large number in our society. They continue to experience the impact of loss, trauma and injury every day. Hearing the Voices revealed that they clearly wish to be included in any strategies, policies and the implementation of decisions with regard to dealing with the present in the context of the past. The Sector has personal insight and is well informed as to the practical service delivery needs of people who have been injured and bereaved. Furthermore, victims and survivors have relevant perspectives on questions of remembrance, commemoration and how to build trust between communities.

Many pieces of research, many policy consultations and many equality impact assessments have sought to engage the victim/survivor Sector. Boxes have been ticked, numbers have been crunched, strategies have been named and outputs and outcomes listed. Yet, on the ground, the dominant refrain among groups is that still no one is listening. If they are, they are not hearing.

Some in the Sector face considerable challenges in relation to their capacity and confidence to feed into processes of consultation and decision-making that will directly impact on their lives. They can find their voices either silent or silenced by others who may be better placed to contribute to those debates. That should, however, not mean that people be deterred from seeking out their views. There is both a practical and a moral reason to develop the person-centred methodologies that are required. In the spirit of open-heartedness and shared working, it is more than just good practice to ensure that all those who have something to contribute to the most delicate and sensitive of discussions are a part of that process.

Crucial to acknowledging the key position and rights of victims and survivors in our community is that leadership that needs to be shown by both political and community representatives. Considering the needs of victims and survivors is paramount as we move together towards shared living and working. To enable victim/survivor support groups to reflect on their own good practice, this research highlights ways in which government might 'victim-proof' their work across departments.

The report is available from CRC and can be accessed on the website at http://www.nicrc.org.uk/filestore/documents/CRC_Voices_Report_.pdf)

World Trauma Expert Delivers 'Effects of Conflict' Talks Across Northern Ireland



A world leading expert on the effects of trauma on societies within and emerging from conflict arrived in Northern Ireland to begin a week long series of talks and seminars with local voluntary and statutory organisations that specialise in the field in early December last year.

Dr. Sandra Bloom from the USA has been invited into Northern Ireland to share her expertise by the Wider Circle and The Northern Ireland Family Trauma Centre. According to the Wider Circle, it is estimated that over 200,000 people here are suffering as a direct result of the Troubles alone.

Symptoms associated with trauma include isolation, alienation, depression and anxiety as well as others.

Dr. Bloom who is a highly renowned speaker and author in trauma from the States, did a speaking/presentation tour throughout Northern Ireland on her work and insights on Societies emerging from conflict, drawing on her international experience. She also got first hand experience and learnt about the specialist trauma work being carried out by organisations here.

Dr Bloom is a Board-Certified psychiatrist, a graduate of Temple University School of Medicine and a recipient of the 2005 Temple University School of Medicine Alumni Achievement Award. She is a Fellow of the College of Physicians of Philadelphia, and President of Community Works, an organisational consulting firm committed to the development of non-violent environments. From 1980 to 2001, Dr Bloom served as Founder and Executive Director of Sanctuary, inpatient psychiatric programmes for the treatment of trauma-related disorders in adults. She has devoted her clinical work and practice to the development of safe environments for those who have been traumatised.

The Sanctuary Network of approved programmes now includes residential, group home, juvenile justice, inpatient and outpatient centres for children in Connecticut, New York, Pennsylvania, Oklahoma, Nebraska, Mexico, and Ecuador as well as substance abuse and inpatient programmes for adults in Pennsylvania and Oklahoma. Dr Bloom is a Past-President of the International Society for Traumatic Stress Studies (STSS) and in 1998 received the Sarah Haley Award for Clinical Excellence from the ISTSS. The National Association of Social Work awarded her their award as Public Citizen of the Year. She now serves on the Board of the Institute for Safe Families in Philadelphia.

John Carlin, Chairman of the Wider Circle said: "It is our great privilege to host this visit by Dr Bloom whose credentials in this field are impeccable. She is sought after world wide for her expertise in this area. Northern Ireland is emerging out of a very dark period in its history and many people here continue to suffer the debilitating effects of trauma."

TO VIEW SANDRA BLOOM'S PRESENTATIONS VISIT www.widercircle.org

TRN ANNUAL CONFERENCE AND AGM

On 27th and 28th November 2008 we had our Annual Conference and AGM in the Armagh City Hotel. The main focus of the first day was a series of Depositions in response to the Eames/Bradley Consultative Group on the Past presented to a total of 60 delegates who attended at various stages throughout the day. Some members of the Consultative Group were present and Jarleth Burns also addressed the delegates in the afternoon session. The Depositions presented were from a variety of organisations from Political Parties, the Arts, Clergy,

trauma therapists and political ex prisoners and all are available from the reports section of our website www.traumanetwork.org. Contributors included: Healing Through Remembering, Coiste na n'Iarchimí, Clonard Monastery, Kabosh Theatre, SDLP, Sinn Fein, Alliance, UUP, PUP and Fr Aidan Troy. Feedback from the evaluations of the event proved positive with a general feeling that learning had taken place and we could be positive about moving towards dealing with the Past.

Following evaluation of the Conference and a separate meeting with the Consultative Group on the Past TRN then developed our own response to the CGPNI which is detailed below. After discussion and consultation with our membership we can confirm that the position as laid out is agreed as the response from TRN as a forum of organisations working with victims/survivors of NI Political Conflict.

TRAUMA RECOVERY NETWORK (TRN) RESPONSE TO THE CONSULTATIVE GROUP ON THE PAST-DEALING WITH THE LEGACY

As the protracted conflict closes we all face the ever present dilemma of how to deal with the legacy of the past.

Notwithstanding the mood of political optimism for the NI Assembly, a pulse of mistrust beats very close to the surface of this much welcomed era of cooperation. There is a growing momentum for an agreed determination to support emergence from the conflict and complete the terms of the Good Friday Agreement.

Critical questions still burden the aftermath of the conflict in NI:

How do we minimise the likelihood of reoccurrence and maximise the likelihood of sustaining the peace process?

How do we ensure that in so doing, development and participation across our community does not occur in such an uneven way that has key sections feeling isolated, left behind and undervalued?

The growing liberal consensus recently voiced by some prominent public figures argues that focus on dealing with the past and truth recovery processes reopen old wounds, are counter productive in relation to healing and are too costly. Against this many of those who suffered bereavement and trauma and may have spent time in prison or in exile believe that such processes are critical if all of us want to learn from the past and to understand fully the causes of political trauma and how to minimise any future reoccurrence.

It is true that to embark on even the most limited form of truth recovery process is replete with risk. However, the alternative- to do nothing or to pursue only the strategy of Cold Case Review- is

likely to accomplish little apart from a desire for retribution in some quarters. Any truth recovery process, whatever shape it may take, must be underpinned by an ethos that does not just focus on prosecution and expose participants to risk of retaliation but rather encourages full and meaningful testimony. It is also important to demonstrate that amnesty should not have anything to do with truth recovery as this in itself could taint the genuine sincerity of involvement and access to the fullest accounts. If there is any amnesty, this should not be tied to any truth recovery process.

So what then are the conditions for sustainable peace?

Harvard Psychiatry Professor Emeritus Judith Lewis Herman, the most eminent international authority on trauma recovery, speaks to the situation regarding the conditions necessary for recovery from politically motivated violence.

Herman's assertions based on well reasoned international research argue convincingly that recovery from trauma is premised on truth recovery. Trauma survivors require a solemn commitment to build the conditions necessary for sustainable peace. Herman's analysis of these conditions outlines three essential components:

1. Safety: that would include the sense of safety from threat and harm, the right to confidentiality, the provision of a safe space and trusted facilitators.

2. Space to tell the story: be heard and acknowledged by all relevant parties, get all the necessary information and start the process of mourning.

3. Reconnection to life after the trauma: that would include assistance for people who have been disabled through the conflict, to enable them to re-embrace life and move forward, and the reintegration of former political prisoners.

In particular she argues that recovery from trauma is best served by revelation of the true circumstance preceding, during and immediately after an atrocity; acknowledgment that terrible things happened and an awareness of the impact held for the whole community by the bereaved, injured and witnesses.

On this basis TRN supports a non punitive and non judicial truth recovery process as the framework for any overall attempt to acknowledge the past and move towards trauma recovery at community and societal level. In addition there is a an urgent need to appoint a Victims Commissioner with the resources and energy to regulate the victim/survivor field and reduce opportunities to manipulate and exploit traumatised people in pursuit of political or other agendas.

TRN has as a vision:

“A society where there is a real understanding of what precipitates political trauma and what is required for trauma recovery”.

We firmly believe that in trying to fully acknowledge and deal with the past a truth recovery process must be developed in a comprehensive and strategic way that examines fully the causes of political conflict and in doing so, aids prevention of reoccurrence and breaks the cycle of transgenerational trauma.

MAKING THAT DIFFERENCE....

You often hear or read about the expression, “making the difference”.

How would you propose to make a difference if you had the chance?

I would suggest that it can be applied to so many examples of modern day life. In sporting terms, he/she made the difference when they came on to change the course of the game. The same can be said about the arts and films with actors and directors all making a difference to a production. And of course in politics a new leader will always seek to stamp their authority on a party by pledging to “make the difference”. And around your home environment you can make a difference to your house and family by doing lots of positive things to improve “your lot”.

I’m often struck by how much difference is actually made in these situations and how it can be measured. Or even, how it can be valued in a persons life.

As a Samaritan volunteer, I am always conscious of the impact that I and my fellow volunteers can have upon someone who contacts us by telephone, face-to-face or email. Because of what we do as Samaritans, we are acutely aware that we can make a difference in someone’s life just by carrying out that most basic of human skills – listening.

But listening is a precious commodity these days and because we are all passengers on that runaway train called living, perhaps we don’t extend that listening ear as much as we did in yesteryear. The days of popping next door for some small item that has been forgotten are, regrettably, on the wane. We guard our privacy like never before. We are too busy to spend a bit of time with our fellow citizens’ just well, shooting the breeze. As you step from shop to shop or mingle in the crowded streets, watch how many people make their way to and fro in front of you without a smile. Grim faced and determined we all are making our way through life. We seem to have time for no-one but ourselves.

A few years ago I was in Dublin working with Samaritans providing emotional support at the Oxegen Music Festival at Punchestown. We were standing outside the Dublin centre building waiting for some of our team to head back to Belfast. We were in good form and still in “Samaritan proactive”

mode. I noticed that almost everyone who passed by us looked tight lipped and grim and that the chances of getting a smile from these punters was about as likely as England winning the World Cup again. So I decided upon a little experiment. I’d simply greet each person who drew alongside with a smile and a “how re you doing!” Amazingly out of the next twelve people who passed me by and received my greeting, all twelve responded with a smile or a “not too bad, thanks” quip. Proof surely, that if we offer a smile then we can brighten someone’s day immeasurably and who knows what a difference that might make to those peoples day from then on?

Try it sometime – it doesn’t cost a penny! But if it helps its priceless!

When the Samaritan organisation was started back in 1953 by our founder, a man called Chad Varah, he could hardly have dreamed that the organisation he set up to listen to peoples’ distress would still be flourishing 54 years later. Chad died on 8th November last year, aged 95 after a long life dedicated to helping others less fortunate than himself. The only difference today is that we are ever more in need of that ability to “listen”. We as Samaritans still spearhead and champion the listening skill every day and night through the dedication and commitment of our volunteers who man our telephone lines up and down the country right across the UK and Ireland.

When you phone Samaritans you will always get a response. Not “most of the time” or “usually” but always one of our volunteers will be there at the end of the phone to start listening. To begin empathising, understanding, supporting. It doesn’t require special skills to become a Samaritan. Anyone can do it and many do. Those skills we talk about are that of listening in a confidential, non-judgmental way and without prejudice to anyone we come into contact with. We are all ordinary people but we carry out an extraordinary job listening to those in distress.

There are many more people out there who would make excellent volunteers. We need more volunteers to step up to that mark, to make that unique difference in someone’s tragic life and to be there for the lonely and depressed in their emotional dark hours. We have many volunteers who provided emotional support during those dark

SAMARITANS

days and encountered and overcome enormous problems to ensure that they got to the various Samaritan centres to man telephones. We believe that there are many, many stories waiting to be told by those who have suffered throughout the Troubles. Samaritans acknowledge and salute the work of Trauma Recovery Network as an important contribution to post conflict trauma resolution for those affected.

Becoming a Samaritan invites you into the world of sorrow, sadness and the emotional pain of another human being. It is a truly humbling experience to be the volunteer who listens to that person's story because they may well have told no one about their feelings before. You as the volunteer are in a remarkably privileged position of trust and that is why Samaritans value the whole concept of strict confidentiality so much.

There are eight Samaritan branches in Northern Ireland, they are located in Belfast, Ballymena, Coleraine, Bangor, Derry, Omagh, Craigavon and Newry. All of our branches need more volunteers and as we are a charity which receives no Government funding, we do need financial donations urgently to ensure our range of services to those in emotional need, continues.

Chad Varah once said: "There are in this world, in every country, people who seem to be "ordinary", but who, when meeting a suicidal person, turn out to be extraordinary. They can usually save lives. How? They give the sad person their total attention. They completely forget themselves. They listen....and listen....and listen without interrupting. They beam approvingly or shake their heads sympathetically. After a long time they say, 'Please tell me more.' If asked for advice, they say, 'You're the only person who can advise you well - what do you think you should do?' They have no message to preach. They have nothing to sell. We call them Samaritans"

You too could be one of them.

Alan Heron
Belfast Samaritans Publicity Director

SAMARITANS can be contacted using the national telephone helpline number at 08457 90 90 90 or, by email at: jo@samaritans.org The Samaritans website is www.samaritans.org



THE KORAM CENTRE

Community Counselling & Emotional Support Services

Are you someone who would like to earn a Certificate in Counselling Skills?

The Koram Centre via its Consolidating Positive Relationships Project is offering a CPCAB Accredited Course in Counselling Skills.

This course will be delivered from a solution-focused approach. Participants should be volunteers or professionals who work in a community setting to enable personal healing and promote positive mental health and wellbeing.

The course will enable participants:

- To Gain Counselling and Listening Skills as appropriate for working in the Community Model.
- Understand Support Structures and Referral Routes in relation to Counselling in the Community.
- To develop Leadership Abilities.
- To understand the standards and ethics required for best practice.

No previous experience is required but participants must be 18 or older and able to complete the course assignments and requirements. A CPCAB certificate in counselling skills will be awarded upon the completion of the course.

Would you like more information and the opportunity to participate?
Give us a call on 028 7188 6181 or 028 7188 6154



"Contributing to community healing and promoting positive mental health"
Consolidating Positive Relations (CPR) Project
This project is part financed by the European Union through the Programme for Peace and Reconciliation managed for the Special EU Programmes body by The Community Foundation for Northern Ireland (CFNI)

THE KORAM CENTRE, LISTENING EAR & COUNSELLING
ASSOCIATION OF STRABANE & DISTRICT (N.I.) LTD
Company No: NI060906
Charity No: XR93829

2 - 3 MOURNE VILLAS, LOWER MAIN ST, STRABANE, CO.
TYRONE, N. IRELAND
TEL: 028 7188 6181/6154
FAX: 028 7188 6456
EMAIL: info@koramcentre.com
WEB: www.koramcentre.com

A INTRODUCTION TO MOTIVATIONAL INTERVIEWING

Encouraging behaviour change



This two day introductory workshop is designed for those who want to develop or enhance their skills in supporting adults or young people to change their behaviour. It will be of particular interest to those assisting people in behaviour management (including pastoral roles) or in changing any other life style behaviour such as smoking, alcohol/drug use, diet, or exercise routine. The course aims to help participants reflect on and develop their general communication skills. This would be of benefit to a wide range of professionals who are dealing with adults and young people including teachers, youth workers, health care professionals, social workers, police and probation staff. The course will help you to:

- Understand the principles of motivational interviewing
- Recognise and work with client ambivalence about change
- Assist clients to assess their own readiness to change and make appropriate decisions about their behaviour
- Learn reflective listening skills to elicit change-talk
- Recognise and roll with client resistance
- Gain experience, through demonstration and practice, in this evocative counselling style, and how it contrasts with methods of overt persuasion
- Understand the process and psychology of change

The Trainer

Paul McKenna has trained extensively in the use of motivational interviewing, and has become expert in initiating and maintaining behaviour change. He is a member of the International Network of Motivational Interviewing Trainers and regularly provides training to a wide range of health and social care professionals. Paul has worked extensively in the field of addictions where he has used his skills to help others change their destructive behaviour thus improving their own and others' lives.

Venue

Training room at TMR Health Professionals,
Pinewood House, 46 Newforge Lane, Belfast BT9 5NW.
Tel: 028 9066 110 (NI) 048 9066 1110 (ROI landline).

Dates

Friday 22nd to Saturday 23rd February 2008, **OR** Friday 4th to Saturday 5th April 2008

PLEASE SEND completed application form with payment (or promisory letter from funding body) to:
TMR Health Professionals (MI Workshop),
Pinewood House, 46 Newforge Lane, Belfast BT9 5NW.

Please note places cannot be confirmed without payment and will be allocated on a first-come first-served basis – limited to 24 attendees.

Email: info@trauma-stress.co.uk

Pinewood House • 46 Newforge Lane • Belfast BT9 5NW

Tel/Fax: 028 9066 1110 (GB & NI) 048 9066 1110 (ROI Landline)

Lifespring - now at 164, Cliftonville Road, BT14 6LB

Lifespring

Is a fully accredited Training School with IFPA
For internationally recognised practitioner courses in
Psycho-Social Aromatherapy
and linked specialised studies in other complementary therapy
approaches

Having led the field in complementary therapy education since 1987,
contributing to the standardization of UK best practice, Lifespring has
been in the Health & Social Services Directory since inception as a
recognized establishment – this has now been benchmarked with the
Aromatherapy Council Standards. Our accreditation process goes
through a thorough renewal every 4 years

Post-Graduate Programmes are therefore a speciality
We recognise foundation and background work provided by other
Trainings, assisting Therapists in continuous professional
Development according to their aptitude and previous training

**Treatments, Home Use of Tools for personal growth,
All programmes, are designed**

To promote wellness models for health and well-being

To promote life-work balance

To integrate the overall direction of our 'life capital'

Lifespring

**Is a Haven
for individual treatments in**

**Psycho Social Aromatherapy
(IFPA accredited)
Anam Chara Coaching
Psychotherapy
(UKCP accredited)**

Sensitive Ayurvedic Adaptations

**Energy Therapies
(colour, light, sound)
Includes head massage,
reflexology
Transpersonal Meditations**

**Working in complementarity
with medical systems
Trauma Recovery
Carers/Hospice/Community**

Lifespring

Offers the Anam Chara Coaching Programme which is closely linked with the
Wellness Retreat and Your Wellness Programme

Each programme contains elements of:

- Transpersonal Psychotherapy
- Family Systems Process Approaches
- Ayurvedic specialisation and adaptations (Energy Alchemy Cycle)
 - Ancient Irish Mythology, connections with the Source of Life
- Isualization, imaging, yogic breathing exercises, self-hypnosis, focusing attention, mindfulness, journaling, together with synergistic pulse alchemies of essential oils.

Spring Programme:

Introduction to the Wellness Retreat: Spring Cleanse and the City Survival Alchemies
Friday Evening, 29th February, 6.00pm on: Saturday 1st March, 9.30-5.00pm;
Sunday 2nd March, 2008, 10.00- 4.00pm
At Shalom Centre, (beside Ocean Blue Car Wash, Antrim Rd. end of Cliftonville Road)

Resilient People 3: Belfast

Dromantine: Four-Day Wellness Retreat

Residential as well as non-residential 5th / 9th March or 7th / 9th March
Special Offer for bookings from community groups who are members of TRN
Email: lifespringhealth@btconnect.com - or Phone: 028 90 753658
Or Contact Lifespring, now at 164, Cliftonville Road, BT14 6LB, and ask re special offer

REGIONAL 24/7 TELEPHONE HELPLINE LAUNCHED

The Health Minister Mr McGimpsey recently announced the award of the roll out of the Regional 24/7 Telephone Helpline and wrap around support services to Contact Youth. In preparation for this work Contact Youth would like to invite local voluntary and community groups from throughout the province who are interested in hearing about the plans we have for implementing the services regionally and the potential opportunities for partnership working on this exciting initiative.

Contact Youth would like the opportunity to meet with local organisations who are working providing young people's mentoring, adult befriending, adult counselling and all ages complimentary therapies so that we can outline how you can tender for this work in your own area. The tender application will be available from Monday 3rd March 2008 with a return date of Tuesday 18th March 2008.

The date for this meeting is Thursday 21st February 2008 in Grosvenor House, Glengall Street, Belfast from 6-8pm. We also welcome people who are interested in this initiative and would like to hear more about the service roll out.

We have information road shows over the next couple of weeks throughout the province and these would also be opportunities to hear about the current and future work of Contact Youth. The dates are as follows;

Wednesday 6th February	Derry City Hotel
Thursday 7th February	Armagh City Hotel
Monday 11th February	Killyhevlín Hotel - Enniskillen
Tuesday 12th February	Braid Centre - Ballymena
Wednesday 13th February	Grosvenor House - Belfast
Tuesday 19th February	Ramada/Encore Hotel - Letterkenny
Wednesday 20th February	Four Seasons Hotel - Monaghan

We look forward to seeing you on Thursday 21st February at Grosvenor House or one of the alternative Road show dates where you will have the opportunity to ask questions and give us some feedback on our plans.

Denise Andrews
On behalf of the Strategic Team

ADVANCE NOTICE...ADVANCE NOTICE...ADVANCE NOTICE...ADVANCE NOTICE...ADVANCE

SOMATIC EXPERIENCING WEEKEND RESIDENTIAL TRAINING

May 17th / 18th 2008
Friday 7pm – Sun 3.30PM

Venue: to be confirmed **Places available 25**

Cost £300 **Organisation fee negotiable**

Facilitators Bríd Keenan and Rosie Burrows

(for further details of professional training and experience of the facilitators, please go to traumahealing.uk.com)

Brid Keenan - b.keenan70@ntlworld.com - Tel: 07974 683509

Rosie Burrows - rosieburrows@ntlworld.com - Tel: 07717 103041



Trauma Recovery Network • 61 Duncairn Gardens
Belfast BT15 2GB

Tel: 028 9087 5012/6 • Fax: 028 9087 5017

Email: info@traumanetwork.org

Web: www.traumanetwork.org

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