

Here's what some people who have attended the course have told us in their feedback forms.

"I am not alone
and I am
normal"

"The S&T course has
been a great starting
block for me to move
forwards, I just wish
I had been able to do
this earlier"

"Even though I did
not know other
peoples story, there
was a silent
understanding
between us"

"The facilitators
were very welcoming,
made me feel
comfortable and at
ease when I found it
hard and anxious even
in just getting there"

"The facilitators were
very approachable and
always made us feel
that us being at the
course was something
to be proud of"

"Understanding of
the causes of
depression/anxiety
helped me to feel
less to blame"



Moving forward from interpersonal trauma

A psycho-educational course for women and men who have lived through traumatic life experiences such as child abuse or neglect, domestic abuse, stalking or harassment.

Men's courses and women's courses are run separately

You can be referred to your local Psychological Therapies Service by your GP

The course aims to help attendees develop an understanding of the NORMAL range of reactions to trauma and introduce new ways of coping.

The outline of the course is as follows:

Week 1: What is the course all about?

Week 2: What are the effects of abuse and trauma?

Week 3: Getting safe and getting started.

Week 4: Surviving the surviving

Week 5: Understanding anxiety and how to cope with anxious feelings

Week 6: Understanding anger and how to cope with angry feelings

Week 7: Understanding depression and ways of coping with depression

Week 8: Understanding shame and guilt and ways of coping with shame and guilt

Week 9: Understanding flashbacks, nightmares and dissociation and coping with these.

Week 10: Effective communication and looking back and looking forward.

What the course involves

The sessions are 1/2 to 2 hours long (with a coffee/tea break in the middle).

Apart from the facilitators there may be between 6 and 20 people.

The information that is presented will also be found in the weekly handout. If there is any risk associated with you taking the handouts home, please ask someone else to keep it safe for you, for example the course facilitators.

This course is not an opportunity to talk about the details of what happened to you. There are several reasons for this. Most importantly those attending will be at different stages in dealing with the things that have happened to them and can get upset when faced with other peoples' stories. Therefore the group facilitators will make sure any discussion remains focused.

No one is under pressure to talk in front of the whole group if they do not want to. Confidentiality is an important aspect of the course.

There is an expectation that everyone will respect this, and what people say is not discussed away from the course.

Whilst it is not the right course or the right time for everyone, the majority of people who attend the course tell us that they would recommend it to other people with similar difficulties to them.