

## | Key Points

- This course is designed to give you information and coping strategies which evidence tells us can be helpful to people who have lived through interpersonal abuse and trauma, whenever it happened in their lives.
- Most of the difficulties that people struggle with after experiencing abuse and trauma are a result of NORMAL reactions to terrible events.
- Evidence and research tells us that recovery often happens in phases. This course is designed to help people who are in phase 1 which is focussed on developing safety in your life and learning to cope with the 'symptoms' or reactions to trauma.
- Reactions to trauma and abuse include anxiety, depression, flashbacks, shame, difficulties with relationships, anger, unsafe use of alcohol, drugs or other substances and self-harm to name just a few.
- **YOU ARE NOT ALONE.**

The course leaders will keep information confidential and we ask you to respect the confidentiality of the other course members in the same way.

However, if you tell us that you or a child is at risk, we will have to take further action. Except in very exceptional circumstances this will be discussed fully with you.

**Please ask course leaders if you require any additional support at the moment.**

## Key Ideas

- In the course, you will not need to speak about your experiences. This is a stage one course.
- Recovery is like Snakes and Ladders. We need to help you take away some snakes (current problems) and build some ladders (safe coping skills).
- Developing safe coping skills take the 3 Ps. Preparation, Practice and Patience.
- Safety First. If you are not currently safe, can you share this with the course leader or your link person? They will help you develop a safety plan.

**Write down your key safety phone numbers here. This might include your friends or family, your GP or other professionals. It might also include Samaritans, a crisis line or the Police.**

Name	Phone number	Hours available

## Skills practice

This week the skills practice introduced was a breathing exercise.

**Please use the table below to record your practice.**

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Practiced							
Comments							