

# Training for counsellors

## An Introduction to Trauma Informed Practice

Are you a counsellor looking to deepen your understanding of trauma? Do you want to develop your awareness of presentations of trauma in your client work? Are you seeking clarification of the difference between Trauma informed and trauma practice in counselling?

This CPD event - *An introduction to Trauma Informed Practice* is designed specifically for counsellors and psychotherapists seeking to enhance their knowledge and understanding of trauma-informed practice. This event lays the groundwork for the follow-up masterclass for Trauma Informed practice & interventions.

### What to Expect:

- A clear overview of trauma and its various forms.
- Key theoretical models, including polyvagal theory, somatic theory, and the window of tolerance.
- Insight into how trauma affects the brain, body, and behaviour.
- Discussion of the impact of early relational trauma and adverse childhood experiences (ACEs).
- Exploration of trauma's influence on the therapeutic relationship and the importance of safe, attuned practice.

Whether you're new to trauma work or looking to refresh your knowledge, this engaging and informative session will equip you with the underpinning knowledge to recognise trauma in the therapy room.

### Why Attend?

Build a strong theoretical base to support practical skills

Enhance your trauma-informed lens

Prepare for our upcoming masterclass for Trauma Informed practice & interventions.

**Where:** Training for Counsellors, Haydock House, Haydock Mews, Pleckgate Road, Blackburn, Lancashire. BB1 9RP

**Interested?** Booking link at [Book Online | Training Counsellors](#)



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## About Linsey Bailey-Rowles (MNCPS (Accred), MBACP)



**Role at Training for Counsellors:** Training and CPD design and delivery.

Linsey is a qualified Therapeutic Counsellor & Psychotherapist, Clinical Supervisor, EMDR Practitioner, Counselling Tutor and Mental Health Training Facilitator.

Working in both private practice and the voluntary sector, she has experience working with adults and young people. Her spectrum of therapeutic work most commonly resides in Compassion Focused

Trauma Informed practice supporting Neurodivergent, LGBTQIA+ communities and those with Hidden Disabilities / Chronic illness.

She is passionate about equality, equity & social justice both within and outside of the counselling community and provides opportunities for continuing professional development within a broad spectrum of helping professions.

## About Training for Counsellors

Training for Counsellors was established in 2024 by Samantha (Sam) Crapnell because she wanted to celebrate the vast amount of knowledge, skills, passion and commitment that exists locally in our profession.

'We' are comprised of a growing team of people who are: designing and facilitating (or co-facilitating) courses and CPD activities, knowledge sharing their areas of interest to the benefit of clients and personal/professional development of the practitioners; becoming regular members of the Community of Practice; contributing to the ever extending library of books and learning resources; and sharing the word about what we are trying to bring to our community, our profession and our clients.

As a result, the company is developing quickly offering qualifying courses, training certificates, in person and online CPD opportunities that are relevant to practice. And we are proud of what we offer because the regular feedback confirms that we are offering learning opportunities that allow people to learn in their own way, taking away what they need.



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