

Training for counsellors

Masterclass for Trauma Informed Practice & Interventions

Are you a counsellor or psychotherapist looking to deepen your trauma-informed practice with evidence-based strategies for real-world therapeutic work?

Following on from our foundational theory event An Introduction to Trauma Informed Practice this **practical, skills-based masterclass** is designed for counsellors and psychotherapists ready to apply trauma informed theory in clinical settings.

We'll focus on **stabilisation**, polyvagal approach, emotional regulation & essential tools to support clients safely and ethically.

This course will cover:

- Practical stabilisation techniques: grounding, containment, and self-regulation strategies.
- Working hyper/hypo-arousal using body-based and cognitive tools.
- Building safety and trust within the therapeutic relationship.
- Awareness of interventions for working with Therapeutic Participants (TP's) who may also be experiencing complex trauma and early relational wounds.
- When to signpost and who to.

You'll leave with a toolkit of strategies that can be immediately integrated into your work, along with increased confidence in managing trauma-related presentations.

Who is this course for?

Suitable for those who have attended "An introduction to Trauma Informed Practice" or those with a foundational understanding of Trauma Informed principles.

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

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



Call or Text
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Training for counsellors

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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