

Press Release for Uclan

Xenia Papandreou is a licensed Counselling Psychologist in private practice with adults and adolescents, and is a team member of the non-profit organisation Step Up Stop Slavery.

Xenia's role in the NGO is head of psychological care for the Survivor Support Centre where she provides psychotherapy to survivors of trafficking. She is also responsible for the development and implementation of trauma-informed education programmes for professionals who come into contact with survivors, and contribution towards the development of the Step Up Education Programme for teachers and students.

The learning objectives for the workshop delivered on 10.1.22 was (1) to provide participants with a knowledge on the impact of complex trauma, (2) to better understand their own relationship with trauma, and (3) to offer guiding principles that serve as a framework for how service providers can work to reduce the likelihood of re-traumatization. There was a workbook accompanying the workshop, which was designed to encourage self-awareness and self-reflection.

Topics Covered

- A New Understanding of Trauma
- Different Types of Trauma
- The Neuroscience of Trauma
- Attachment and Relational Trauma
- Signs, Symptoms and Behaviours of Complex PTSD
- Key Principles of Trauma Informed Care

Intended Audience

Anyone with an interest in Trauma Informed Care, both professionally and personally was invited to attend.

Summary

A New Understanding of Trauma

What we have learnt over the last thirty years in the field of trauma, in particular how the field of traumatology today acknowledges the neurobiological impact of trauma on the brain and



body, and how important a calm, well-regulated environment is for the brain of the developing child.

Different Types of Trauma

An exploration of the various types of trauma and the differences between them e.g. Single Incident Trauma, PTSD, Complex PTSD, Developmental Trauma, Dissociative Trauma and Transgenerational Trauma

The Neuroscience of Trauma

A basic understanding of how the brain functions under stress, what a healthy stress response looks like compared to an unresolved stress response, how trauma affects the brain, how memories are stored in the brain, the importance of the Vagus Nerve and chemical and hormonal factors involved in a stress response.

Attachment and Relational Trauma

A brief overview of 'attachment', the most fundamental dynamic of human development, our connection to another human being, how this dynamic is formed, and how it is disrupted through relational trauma.

Signs, Symptoms and Behaviours of Complex Trauma

An exploration of the primary emotional and cognitive symptoms of Complex Trauma which service providers will encounter, split into three groups (1) Avoidance symptoms (2) Intrusive Symptoms and (3) Depressive Symptoms

Trauma Informed Care

What challenges we face as service providers, the active ingredients of Trauma Informed Care, highlighting the six principles and the 4R's of the Substance Abuse and Mental Health Services Administration in the USA (SAMHSA).

One of the key takeaways from the workshop was that in order to communicate sensitively, in a trauma informed way, we as service providers should understand that it requires deliberate intentionality and focus on our part. We were invited to become curious about our own relationship with trauma, our own window of tolerance and our own ability to remain in a calm and balanced nervous system.

