

Trauma Debriefing Skills Training

Life is inherently unpredictable, meaning that all people will at some time face an event that to them will be traumatic. The legacy of apartheid has bequeathed to South Africa a "culture of violence". This is rooted in the notion that violence in South Africa has become normative rather than deviant and it has come to be regarded as an appropriate means of resolving social, political and domestic conflict. As a result the trauma of living in a violent society is a reality for many South Africans. This course aims to equip professionals with a body of knowledge and set of skills to both understand and intervene with those who find themselves the victims of a traumatic event. It will furthermore specifically examine the historical development and respective roles of trauma defusing and critical incident debriefing.

The training focuses on:

- Discuss the need for trauma support in the South African Context
- Describe the cycle of violence
- Understand the historical overview of trauma research and the psychological impact it can have on people's lives
- Explain the difference between trauma debriefing and trauma support
- Define trauma and traumatic events
- Identify normal versus pathological responses and reactions to trauma
- Describe Post Traumatic Stress Disorder
- Demonstrate a narrative approach to Critical Incident Debriefing through role play
- Identify resources and future management of trauma

Outcomes of the training:

By the end of this training participants should be able to:

- Discuss the need for trauma support in the South African Context
- Describe the cycle of violence
- Understand the historical overview of trauma research and the psychological impact it can have on people's lives
- Define trauma and traumatic events
- Demonstrate a working understanding of the physiology of the brain as it applies to trauma
- Demonstrate a working understanding of the central nervous system and its function in trauma



- Explain the difference between trauma debriefing and trauma support
- Describe Post Traumatic Stress Disorder
- Demonstrate essential counseling skills in the trauma defusing process
- Demonstrate the application of the steps in the trauma defusing process
- Describe vicarious trauma
- Explain the ethical responsibility to remain accountable through supervision when working in the area of trauma
- Describe the importance of self-care

This course is highly recommended for:

- Social Workers
- Psychologists
- Psychiatric Nurses
- Ministers of Religion
- Professional Counsellors
- Lay Counsellors (who have completed a Basic Counselling 1 & 2 training)

Meet the Trainer



Anthony Hawthorn graduated with an undergraduate degree in Social Science from UCT in 2002. He then completed an Honours Degree in Clinical Social Work at UCT in 2003. He went on to complete a Masters Degree in Business Leadership from the UNISA School of Business Leadership in 2011.

Anthony has practiced as a counsellor in both clinical and learning environments since 2002.

From 2002 to 2004 he worked with first year Health Science students at UCT. As part of a facilitation team Anthony facilitated experiential learning groups in basic professional behaviour. During this time he also formed part of a Development Team that worked on both the first and third year MBCHB Programs as they rolled out an outcomes based learning model within the University of Cape Town. A key function on that team was the training of doctors in Experiential Facilitation Techniques.

From 2005 to the end of 2006 Anthony worked at the Varsity College as a student Relations Manager, performing a combination of counselling and training of students in Basic Life Skills.

Anthony is currently the Training and Employee Wellness Manager at FAMSA. He also trains in Trauma Debriefing, Basic Counselling, Affairs, Blended Families and Divorce. In addition he continues to work with (counsel) families and couples drawing from an eclectic body of theory and practice in his work.

R 2120.00
per person
(price may change during 2019)

1st Training Date:	25-27 March 2019
2nd Training Date:	29-31 July 2019
3rd Training Date:	22-24 October 2019
Time:	9:00-16:00

Bookings and Payments

All bookings and payments close 10-days before commencement

For easy booking/s please visit our website: [Book Online](#)

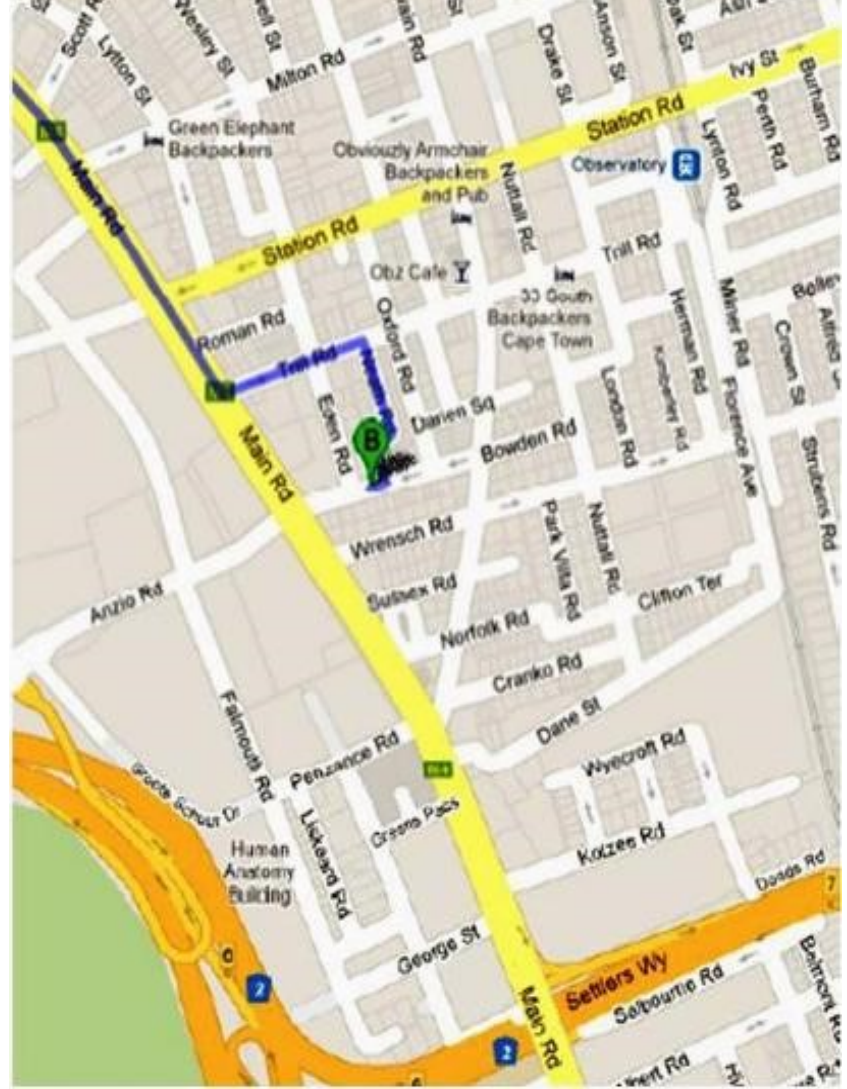
Or email famtracadmin@famsawc.org.za



CPD

- **15 CPSC CPD**
- **SACSSP Applied for 2019**

Address and Directions



FAMSA Office, Number 9 Bowden Road, Observatory

FROM N2 (SETTLERS WAY – FROM THE STRAND)

Take the **left** turn-off towards Main Road **Observatory**.
Turn **right** into **Main Road**.
Turn **right** into **Lower Main Road**
Look out for the **FAMSA sign** on your left and turn **left** into **Bowden Road**.
Bowden is a one way going up towards Main Road and Groote Schuur Hospital.

FROM N2 (EASTERN BLVD. - FROM CAPE TOWN)

Take the **left Groote Schuur Hospital** turn-off (after Roodebloem Road).
At the robot, turn **right** into **Main Road**
As you get to Groote Schuur Hospital on your right side, turn **left** into **Trill Road**.
At the stop street, turn **right** into **Lower Main Road**.
Look out for the **FAMSA sign** on your right and turn **right** into **Bowden Road**.
Bowden is a one way going up towards Main Road and Groote Schuur Hospital.

FROM N1 (TABLE BAY BLVD – COMING FROM NORTHERN SUBURBS)

Take the **left Lower Church Road** turn-off towards **Woodstock**.
Cross **Albert Road**.
Turn left into M4 / **Victoria Road** that becomes **Main Road**
As you get to Groote Schuur Hospital on your right side, turn **left** into **Trill Road**.
At the stop street, turn **right** into **Lower Main Road**.
Look out for the **FAMSA sign** on your right and turn **right** into **Bowden Road**.
Bowden is a one way going up towards Main Road and Groote Schuur Hospital.