



# Delivering Trauma Informed Services

# Introducing...



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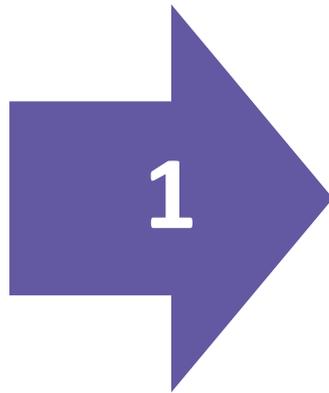
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# Three Steps to Healing

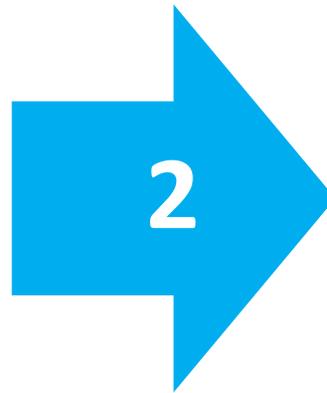
Herman, J. (1992) Trauma and Recovery

## Stablisation



Building the relationship, ensuring the ground underneath the persons feet is firm and key safety plans are prepared.

## Processing



Working in the trauma, developing a narrative that enables the person to make sense of feelings, memories and stories.

## Integration



Integrating the traumatic memories and experiences into the persons 'life story' but without the 'full colour' emotional response associated with the memory.

# Stage 1: Stabilisation

Overcoming Problems: where the survivor learns to feel safe in their bodies and their environment.

During this stage, the survivor learns how to self-care and moved away from self-harming behaviours.

The survivor develops a more secure attachment base and starts to look at building support networks, allowing them to overcome isolation and start to learn how to implement boundaries to develop healthy relationships.

## Also referred to as:

- Getting ready
- Pre-contemplation

# Stage 2: Processing

Remembrance and Mourning: where the survivor tells their story and learns to accept the unknown (not all memories will be recalled).

During this stage the survivor grieves not only for what happened but for what they never had.

The survivor explores the impact their experiences have had on them and gains new insights, perspectives and understanding over time.

## Also referred to as:

- Making meaning
- Dealing with trauma
- Contemplation / action

# Stage 3: Integration

Active Engagement: with people, life and building connections.

During this stage, the survivor starts to actively engage in life and start to take social and personal action to make a difference in both theirs' and others' lives.

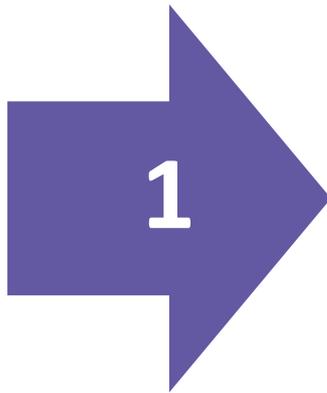
## Also referred to as:

- Meaning made
- Thriving
- Maintenance

# How We Use This Model

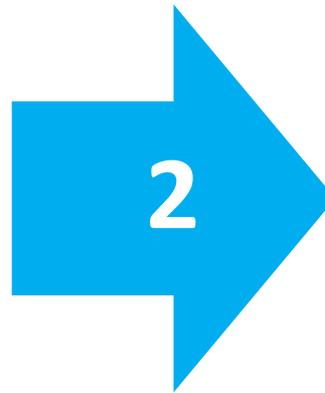
Herman, J. (1992) *Trauma and Recovery*

## Stablisation



- Website
- Email
- Telephone
- Drop In
- The Safe Room
- Healing Steps

## Processing



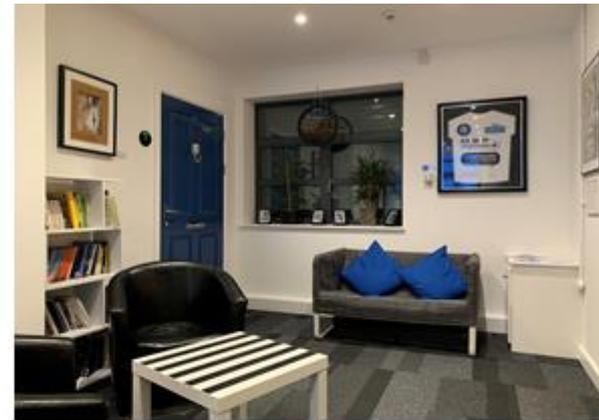
- The Safe Room
- Healing Steps
- Breaking the Silence
- EMDR
- Trauma Focused CBT
- Art Therapy Group
- Psycho-Education
- ISVA

## Integration



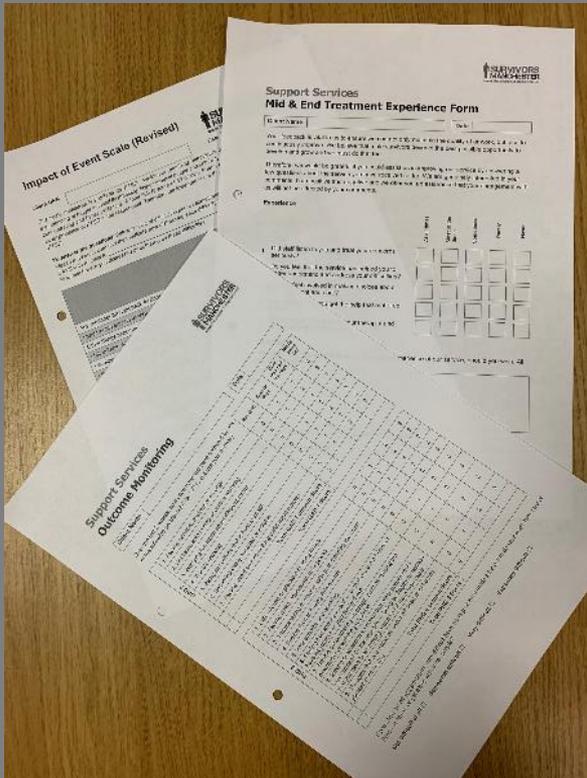
- The Safe Room
- Healing Steps
- Breaking the Silence
- ISVA
- Volunteering

# A Safe Space



# Measurements

Survivors Manchester engages all those that use our services in outcome monitoring, as part of the organisations commitment to understanding its impact on male survivors; but more importantly to provide male survivors with a tangible measure.



# Evaluation

- GAD7
- PHQ9
- IES(r)
- Assessment Evaluation
- Mid Treatment Evaluation
- Treatment End Evaluation
- Compliments
- Complaints
- Website



# Disclosure



- Allow time for him to talk in a space he feel safe in
- Check out what support he has once he leaves you
- Be explicit with boundaries and confidentiality
- Be empathic and congruent
- When words fail him, think about creative techniques
- Be the active passenger
- Be careful not to be drawn into collusion, making promises you cant keep

# Reflections

- Gender: Yours and Theirs
- Transparency v Opaqueness
- Power: Overt v Covert
- Use of Language
- Myths and beliefs:  
- Yours v Theirs
- Promises, promises
- Boundaries
- Set and Setting
- To report or not

