



# BREAKTHROUGH

## Supporting Survivors of Trauma

### **Trauma First Aid Course**

Christian charity Breakthrough, which supports survivors of abuse across the South West, is running special training courses for supporters, churches and community organisations working with survivors.

In response to a request from churches, the charity will be running 'Trauma Awareness' and 'Trauma First Aid' courses again this Spring, with a particular focus on faith and how the Church can support those in mental health crisis, both within their church and outside of it.

1 in 4 of us experiences abuse in our lifetime (child abuse, domestic violence, sexual assault) as well as other kinds of trauma, meaning a huge percentage of church members are carrying invisible wounds.

These courses are designed to give you an understanding of trauma and its impact, as well as practical tools in how to help someone struggling with their mental health, support them in prayer, and be more trauma-informed when serving in community ministries.

Both courses are run by Breakthrough's CEO, Giles Lascelle, a priest with over 30 years' experience working in church leadership, social services, psychotherapy, and drug rehabilitation.

These courses are not just for church leaders, but also volunteers, staff, and church members – and of course we welcome anyone who would like to attend, regardless of faith.

#### Course dates:

29th February 2020 – Trauma Awareness for Churches (SST.101) – at St Mikes Without, Bath (in partnership with the St Mikes team)

21st March 2020 – Trauma First Aid for Churches (SST.102) – venue TBC, Bath (currently listed as St Mikes to allow you to access the booking page)

#### Other course dates:

15th February 2020 – Mindfulness & Trauma – Weston Hub, Bath

[Click here](#) to find out more.

All the courses are run at a reduced rate and have concessions discounts available for students, retirees, and anyone on low income.