



## **Teaching Recovery Techniques**

### ***A Children and War Foundation Workshop***

**London 21-22 October 2010**

The aim of this 2-day workshop is to enable participants to teach others to run groups for young people (and their parents) who have been affected by exposure to the traumas of war and disasters. The workshop is based on the *Children and War Foundation* manualised group protocol. By the end of the workshop, participants should also be able to train colleagues to run groups according to the manualised protocol.

The workshop is intended for mental health and educational professionals who work with children and teenagers (e.g. counsellors, psychologists, psychiatrists; teachers, pedagogues).

Trainers:                    Prof William Yule  
                                      Dr Patrick Smith

#### **Thursday 21 October**

9.30 - 10.30	Introductions and introduction to the training Group work with children: introduction and overview
10.30 -11.00	Coffee
11.00 -12.30	Recovery techniques for intrusive memories (1)
12.30 – 1.30	LUNCH
1.30 – 3.00	Intrusions (2)
3.00 – 3.30	TEA
3.30 – 5.00	Relaxation and arousal reduction

## **Friday 22 October**

9.30 – 11.00	Recovery techniques for avoidance (1)
11.00 – 11.30	COFFEE
11.30 – 12.30	Avoidance (2)
12.30 – 1.30	LUNCH
1.30 – 3.00	Helping bereaved children; Running parallel groups for parents and carers
3.00 – 3.30	TEA
3.30 – 5.00	Evaluation strategies, measures. The new writing manual Setting up groups, on-going supervision, burnout prevention

Participants will obtain pdf files containing the manuals and workbook prior to the training.

**Venue:** Association for Child and Adolescent Mental Health, St Saviour's House, 39/41 Union Street, London SE1 1SD

**Cost:** £300 includes all refreshments

**Maximum number:** 25

To book a place, e-mail the Foundation at [contact@childrenandwar.org](mailto:contact@childrenandwar.org) before 30 September 2010.

Places are strictly limited and confirmation will be sent on payment of the fee.

