



The
Chrysalis Effect

FHT Accredited
Trauma Informed Coach Training
ACE and Trauma
4 Module Short Course



Message from the Founder



Since 2018 we have been a Trauma Informed organisation. This has meant introducing questions for patients and clients about *Adverse Childhood Experiences into health profiles and creating webinars and commissioning courses to educate our recovery and practitioner communities on the role ACE and trauma have in the development of their health issues and most importantly their recovery.

Trauma Informed Practice has been a CPD subject and seen very much as an additional training option.

That has now changed.

I believe it has become a must for coaches to confidently and safely address ACE and trauma within the GROWTH coaching model. With wellbeing coaching now part of the NHS long term plan, opportunities are expanding so trauma informed coaching will be increasingly in demand in the ongoing COVID climate.

So I am delighted that moving forward all Chrysalis Effect coaches are Trauma Informed Wellbeing Coaches who have the practical skills to work confidently with clients or patients to address the impact of ACE and Trauma.

Love and Appreciation

Elaine xx

Elaine Wilkins CEO

Course Content

Module 1: **The ACE and Trauma Profile**

- Client Profiling The Highly Sensitive Client the ACE and Trauma Link
- ACE and Stress Vulnerability
- Exploring types of 'Hidden Traumas' that impact long term health
- How to recognise Client Triggers

GROWTH Model Practical Skills - What to Say and Do

- The questions to cover in your pre-consult form
- Buddy Work
- Opening the Trauma conversation
- Explaining Triggers
- Explaining HSP's and HPA axis and the link to Symptoms

Module 2: **Family Dynamics - The 'Guilt-Shame Game**

- Attachment V Authenticity
- The unconscious driver relational Trauma and self sabotaging behaviour.
- Case Study 1

GROWTH Model Practical Skills - What to Say and Do

- Buddy Work
- Misatunement Enmeshment and Scape Goating and Co-dependency as repeating cycles the link to chronic health.



Course Content

Module 3:

Seeing Life Through the ACE Trauma Lens

- Groundhog day and feeling memory
- Common Coping Strategies
- Recognising Addiction, Distraction, Disconnection
- Case Study 2

GROWTH Model Practical Skills - What to Say and Do

- Explaining and demonstrating Emotional
- Processing and somatic Trauma release strategies
- Buddy Work
- Using the Resource Drama Triangle

Module 4:

Shining the Light and Changing Lives

- Navigating the Personal and Professional
- How do your own triggers show up?
- The ACE and Trauma Release Tool Kit Menu
- What is in and out of your remit?
- Trauma Informed Terms and Conditions

GROWTH Model Practical Skills - What to Say and Do

- Buddy Work
- The How to of Introducing Trauma Release Options
- Cross Referral Options



Module 5: The Masterclass

Trauma Therapy in Practice Safe Guarding
Q and A with Specialist Trauma Release Practitioners



Dr Patricia Worby
Somatic



Kuljit Sehmi
Logo Synthesis



Rosie Haysom
Yoga Therapy



Su Winsbury
Matrix Reimprinting



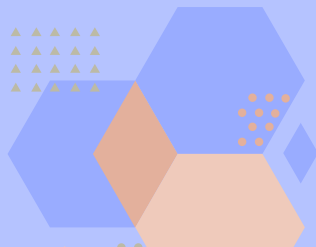
Diana Powley
EMDR



Dawn Stemmer
Brain Recursive Therapies



Wendy Firmin-Price
Equine Therapy



The Accreditation



- X 4 Pre-Recorded Sessions
- X 1 Integration Live Session
- X 1 Live Q and A with Trauma Specialists
- All sessions recorded
- Buddying for practical skills

Accrediting Body: Why the FHT?

The FHT are a renowned accrediting body who engage with government to integrate therapies into mainstream healthcare.



Assessment

- Submit Key learning template from 4 modules
- *FHT fee included
- You Receive Trauma Informed Wellbeing Coach Certificate



Next Steps...

Course Release Dates

Choose to work through your modules as a fast track course with immediate access

or

Contact us for next live module release dates:



team@chrysaliseffecthealth.com

Or Text 07771 722462



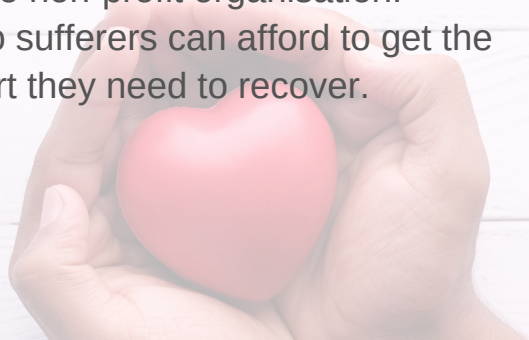
[I have Questions](#)



[I Would Like to Register](#)

Thank you for your interest in this course.

Choosing us as your training provider enables us to subsidise the online Recovery Programme for ME, CFS and Fibromyalgia, run by the non-profit organisation: The Chrysalis Effect CIC, so sufferers can afford to get the daily help and support they need to recover.



What the Practitioners say....



"The Chrysalis effect Trauma informed coaching has been such an interesting journey both professionally and personally. It includes different theories about trauma and provides very practical tools for integrating the knowledge into practice. It is also really helpful to understand the parameters of how to integrate it safely and signpost clients onto professionals. I'm so grateful for this training and can't wait to integrate it into my practise."

~ Molly Love BANT Registered Nutritional Therapist

'Anyone working in the world of healing would benefit from an understanding of trauma and how it affects lives. Having completed the Trauma Informed Wellbeing Coach course with the Chrysalis Effect, I would highly recommend it as an important element of continuing education. In fact, I would highly recommend it for anyone who wants to understand how early trauma may have influenced their life and to be reassured that healing from it is entirely possible.'

~ Jeanette Fornwalt Grief Coach



I would recommend this training for every therapist and coach in the land. A deeper understanding of where and how current problems were pre-programmed to occur can only be beneficial. Whatever the presenting problem, full awareness of the existence of a root cause, puts clients/patients at choice for finding a remedy.'

~ Caroline D'Ay Wellbeing Coach

The trauma informed training course has been an incredible addition to my learnings. I would recommend anyone who coaches, mentors or provides any form of talk or healing therapy to take this training. This course has helped me to build my confidence around addressing past traumas with clients and given me incredible tools to use and points of reference in order for clients to further their healing journeys. I am so grateful for this course and all of the expertise that the various experts have brought to me. Thank you Elaine!' ~ Laura Ferguson Life Coach

