Working with Trauma in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Working with Trauma in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

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First edition, 2026.

This pack accompanies the course “Working with Trauma in Practice” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Working with Trauma in Practice” to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Working with Trauma in Practice

Trauma treatment has a map, and clinicians working without it get lost in ways that cost their clients dearly: processing attempted before stability exists, or stabilisation extended so long it becomes avoidance with a clinical name. This course teaches the map and the craft of moving across it, for practitioners treating trauma in real services.

You will study phase-based treatment honestly, including the modern critique of endless phase one, and learn what genuine stabilisation involves and how to know when it is sufficient. You will compare the evidenced trauma therapies, trauma-focused CBT, EMDR, narrative exposure therapy and prolonged exposure, by mechanism, evidence and fit, so referral and treatment choices become formulated rather than habitual. The second module addresses complexity: complex PTSD as ICD-11 defines it, relational trauma's particular signature, and titrated processing, the craft of approaching traumatic material in doses the nervous system can integrate.

Substantial written lessons with key points and clinically applied practice tasks, supported by a study tutor. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing.

By the end of the course, participants will be able to

- Assess trauma presentations, including PTSD and complex presentations, with appropriate measures
- Deliver phase-one stabilisation work systematically rather than indefinitely
- Understand the mechanics of trauma-focused CBT, including reliving and updating
- Work with trauma memories at a pace the client's window of tolerance permits
- Manage dissociation in session with grounding, titration and dual awareness
- Plan phase-three reconnection work: grief, meaning and reclaiming a life

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Part 1: Phase-based treatment and honest stabilisation	5	195 minutes
2	Part 2: The Role of Metacognitive Monitoring in Trauma The	5	195 minutes
3	Part 3: The Processing Room and Resource Installation	3	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.