Understanding Trauma and PTSD: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Understanding Trauma and PTSD: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

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

Copyright © 2026 Talking Therapies UK. All rights reserved.

The moral right of the author has been asserted. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher, except for brief quotations in a review, and except that the licensee may copy the session plans, the attendance register and the evaluation form for the groups they run.

First edition, 2026.

This pack accompanies the course “Understanding Trauma and PTSD” 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.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Understanding Trauma and PTSD 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Understanding Trauma and PTSD” to a group: a session for each of its 2 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 2 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 Understanding Trauma and PTSD

This comprehensive six-hour introductory course provides clinicians and trainees with a rigorous, evidence-based exploration of post-traumatic stress through the lens of Cognitive Behavioural Therapy. Rooted in the principles outlined in the practice's Comprehensive PTSD and Complex PTSD Recovery Guide, this module moves beyond surface-level definitions to examine the profound impact trauma has on an individual's memory, physiology, and core beliefs. You will gain a deep understanding of the cognitive behavioural model that explains why symptoms persist, analysing the intricate interplay between intrusive memories, hyperarousal, and avoidance behaviours. The curriculum covers the diagnostic picture with precision, distinguishing between standard PTSD and Complex PTSD as defined by ICD-11, ensuring you can accurately identify and conceptualise client presentations. Beyond conceptualisation, this course places a critical emphasis on the preparatory work essential for effective trauma therapy. You will study the therapeutic stance required to work with trauma survivors, learning how to establish safety and build a foundation of trust before engaging in any processing work. The module details the importance of stabilisation techniques and psychoeducation, explaining why these elements are non-negotiable prerequisites for successful trauma-focused interventions. By mastering these foundational skills, you will learn to assess client readiness, manage potential triggers, and create a secure environment that facilitates recovery. This course serves as the vital gateway to advanced trauma interventions, equipping you with the necessary theoretical knowledge and practical grounding to handle complex cases with confidence and competence.

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

- Explain the cognitive model of PTSD, including memory disorganisation and appraisals
- Describe the ICD-11 distinction between PTSD and complex PTSD
- Recognise re-experiencing, avoidance, threat and dissociative phenomena in presentations
- Explain why avoidance maintains PTSD and what that implies for treatment
- Deliver psychoeducation about trauma responses that normalises without minimising
- Describe the evidenced trauma-focused therapies and the NICE recommendations

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 2 sessions of about 180 minutes, one for each of the course's modules.
- The online course is accredited for 6 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	What trauma does	5	180 minutes
2	The foundations of trauma work	5	180 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.