

1997 Research Findings - Trauma Support & Information Groups
Recovering & rebuilding life after trauma

Feedback of what participants gained from the groups 1995-7

- Greater awareness of patterns/responses that impacted negatively on myself.
- Skills to deal with symptoms. Recognise when not breathing.
- Professional help, empathy, trust, understanding and feedback.
- Safer to share with group than therapists.
- Validation, normalising and talking out so that it doesn't leak out in social situations.
- Most valuable was to feel safe to have self defences and 'warts' exposed.
- Self expression. Built confidence with people.
- Help, reassured knowing others with similar difficulties.
- Acceptance, the will to go back into life, and friendship.
- Meaningfulness and came to terms with reality of what happened.
- Insight; PTS, effect on own life and others perception of self.
- "Confidence and realisations of what I have overcome alone".
- As a mother, I really appreciated others sharing, their insights guided my relating to my daughter & highlighted the personal responsibility of self-care.
- Amazed at how much progress we have all made in so few weeks – emotional transformation!!
- 'Speak - in the support group! after reading the book, about atrocious situations I lived in fear of breathing a word about due to ongoing 'paybacks'. She also worked with the trust issues that she has in every area of her life. At a later set of group sessions, she shared how since speaking about things in the groups, that (without trying) she has been losing the weight that she has protected herself with for over 20 years

About the author:

Frances Day is an established counsellor with over 25 years' practical experience and hold BA's in **Psychology (First Class Honours)** and Behavioural Studies, Health Education (incl. Addiction Studies). Her own history of diverse traumatic experiences has given an added depth of knowledge and empathy for other's experiences.

Frances has organised and facilitated the groups since 1995, initially training by co-facilitating these General Community groups with a very experienced group facilitator of Women, Children and Men's groups at Vietnam Veterans.

Drawing on her counselling people with traumatic stress resulting from a wide range of incidents, and providing critical incident support / Emotional First Aid she has developed training courses for community workers engaged in 'helping professions'.

As a fully qualified, Imago Relationship counselling Frances provides individual, couples and family therapy, which turns out to a very powerful trauma therapy approach because your family are with you for most of a week, and those relationships are significant in determining a person's recovery.

Frances is in trained EMDR which is a very quick, and most effective trauma individual therapy for traumatic stress, and a number of other emotional difficulties.

The two Self-help books draw from research and describe her own and other's lived experiences of recovering from trauma. One is for family, friends and others to understand PTSD, & the Workbook describes helpful strategies for people recovering from trauma.