



## RE-VISION CPD

# Touching the Sound of Silence

## Working Therapeutically in the Aftermath of Disasters

with Jelena Watkins and Suzanne Lyn-Cook

Two-day CPD workshop Saturday 21st & Sunday 22nd July 2018

9.30am (for 10:00 start) - 16:30pm

**Suitable for counsellors, therapists, social workers, healthcare professionals and anyone else interested or involved in the field of disaster trauma. £190**

### Why focus on disasters now?

We have experienced an unprecedented number of terrorist attacks and other disasters last year. It may seem that we are heading towards a very disruptive period in history. As a member of a caring profession, you are likely to feel compelled to use your skills to alleviate the suffering seen in the media but may not know how to get involved or how to best apply your skills in a disaster situation. You may also wonder whether such disruption may hold an opportunity for new ideas to emerge and even lead to a collective transformation.

### You will learn how to work in the field of disaster, based on real experience and the latest theoretical models

This two-day workshop will address the impact of disasters on those directly affected, such as bereaved relatives or survivors. It will outline therapeutic work in responding to disaster trauma from acute stage intervention to long-term integration on the personal and collective level. The workshop will use Jelena's narrative as a founder of a 9/11 families association, a psychotherapist and an advocate for the needs of those affected by disasters for over 16 years; as well as teachings of psychosynthesis, poetry and myth. We will attempt to deepen our understanding of the relationship between collective and individual trauma and how to best use our therapeutic skills to help those who suffered a disaster.

**Day one** describes a psychospiritual model for a therapeutic response to terrorism and disaster. We will look at the lifecycle of disaster; therapeutic interventions for the immediate aftermath; facing the collective shadow through truth-seeking, public inquiries and inquests; at individual group and community interventions and at long-term integration and post traumatic growth on a personal and collective level.

**Day two** will show how the learning can be applied, exploring the model through case studies of Grenfell Tower, the Christchurch earthquake in New Zealand and the 2004 Tsunami, bringing in a variety of perspectives.

### This workshop is for forward-thinking professionals who want to:

- Expand their skills from the individual into the collective trauma context
- Work with therapeutic issues within a greater social and political context
- Focus on transpersonal crisis and transformation as a result of mass trauma

### See overleaf for booking form and information about the facilitators

## About the Facilitators



**Jelena Watkins** MA, UKCP registered, is a London-based psychosynthesis psychotherapist, working for an NHS trauma service and for a charity providing specialist therapy for individuals affected by homicide or terrorism. Originally from former Yugoslavia, she was one of the founding members of September 11 UK Families Support Group which was formed in 2002. In this role, she has been involved in processes of memorial designs, negotiations with the government around supporting victims of terror and in creating support structures for family members of victims. Her other involvement in the field of disasters is as an executive board member of Disaster Action, an umbrella organisation for the survivors or bereaved after disasters. Currently, she is advising authorities responding to the Manchester Arena attack as well as the Grenfell Tower disaster. Jelena has presented at international conferences on the subject of disaster trauma.

**Suzanne Lyn-Cook**, (CQSW, HCPC and UKCP Registered) lives in London and is of Caribbean heritage, brought up in the UK. She is a Psychosynthesis therapeutic counsellor with extensive experience of group work and community building. She has worked in the health and social sector for over 37 years in a variety of roles including as a social worker and service manager. Her personal background has led her in her professional life, to be drawn to explore the interplay between the individual, groups and society. As part of this interest she has worked with issues of diversity, equality and personal empowerment. She has a commitment to working with people to heal and recover from trauma, loss and marginalisation, to enable them to fulfil their potential both personally and professionally.



As part of their commitment to working with disaster trauma over the last year Jelena and Suzanne set up and have facilitated a support group for UK survivors of the Paris terror attack.

## RE-VISION BOOKING FORM—TOUCHING THE SOUND OF SILENCE 21 & 22 JULY 2018

To book, please use the form below or call the office 0208 357 8881 or email [info@re-vision.org.uk](mailto:info@re-vision.org.uk) with the following details

Name: ..... Phone No: .....

Email Address: .....

Where and when did you qualify/where are you studying? .....

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How did you hear of Re-Vision / this course? .....

Payment in full of £190 will secure your place  
(Re-Vision current students on stages 2, 3 & 5, and graduates are entitled to a 10% discount)

Cheques payable to  
'Revision Ltd'  
or bank transfer via: Co-operative Bank, 08-92-99  
Account name: Revision Ltd;  
a/c no: 65301472;  
Reference: Silence/your name.

**Cancellations Policy: Up to 1 month prior to event: 75% refund; within 1 month: 50% refund; within a week: no refund. In the event of this course being cancelled, we will give a full refund.**