

The Psychological Skills Service (PSS)

Understanding and Coping with Trauma (Group Intervention)



Information for service users, friends, family, carers, and GPs.

Leaflet published: *September 2020*
Leaflet review date: *August 2023*

Is this intervention for me?

Do you...?

- Have a history of multiple traumatic experiences?
- Experience the following difficulties: repeated/upsetting memories, feeling constantly alert or 'on edge', avoid numerous situations or feelings, negative mood and behavior, longstanding difficulties managing emotions; longstanding negative beliefs about self, problems in relationships with others, and use of problematic coping strategies?
- Find that the above difficulties are causing you distress and impacting upon your daily life?
- Feel able and ready to learn about trauma and how to best manage your difficulties?
- Think it is the right time for you to commit to attending a group each week?
- Feel willing to engage with other people who also have a history of trauma?
- Have a goal(s) and think engaging in this group intervention would help you achieve it/them and improve your quality of life?
- Are not currently engaging in other services?

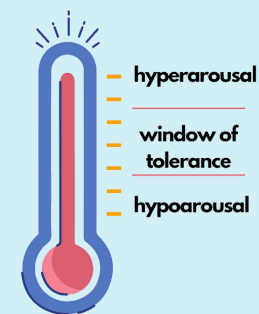
If so, this intervention may be for you.

What's it all about?

This group intervention is aimed at people who have a history of trauma and would like to learn more about their difficulties and develop skills to manage them.

The aim of this intervention is to:

- Develop a better understanding of trauma-related difficulties
- Reduce the impact of distress caused by trauma
- Broaden awareness of, and learn to manage emotions
- Develop a compassionate view of self, others, and the world
- Learn a wide range of effective skills, strategies and techniques for coping with trauma-related difficulties
- Learn how to manage repeated/upsetting memories



Structure and Content

This group consists of 12 sessions run over 12 weeks. You will not be asked to share any of your traumatic experiences. Each session will last approximately 2 hours, with a 15 minute break.

You will also attend 3 individual sessions held pre-group (to discuss goals and questions you may have), mid-group (to review goals) and post-group (to review progress and plan long-term goals). These are facilitated by one of the clinicians running the group.

There are typically 8-12 group members (not including clinicians). You will be asked to complete homework tasks on a weekly basis.

These are the topics typically covered:

- What is complex trauma?
- Staying safe and connected
- Being aware of feelings
- Coping with extreme distress
- Managing emotions 1 - routines
- Managing emotions 2 - thinking
- Trauma and memory
- Managing flashbacks
- Managing nightmares
- Narrative restructuring
- Letter writing
- Relationships
- Summary and review

We appreciate that elements of this intervention may be challenging or overwhelming - you can discuss this with the group clinicians and make a plan together of how best to support you.

How can I access this intervention?

To access our interventions you must be referred to us. To do this, please visit your GP who can then make a referral via the Primary Care Mental Health Team (PCMH). If you are currently open to a Mental Health Service, please discuss this with them and they may be able to make a direct referral to PSS. If your referral is suitable, we may offer you an assessment session with one of our clinicians to explore which intervention may be best for you.



Contact Details

Psychological Skills Service
17 Bridge Street, Peterborough, PE1 1HJ.
Tel: 01733 746811

Chesterton Medical Centre
Union Lane, Cambridge, CB4 1PX.
Tel: 01223 88370



Frequently Asked Questions

What if I can't attend a session?

Let us know as soon as possible. If you cannot attend, it will mean you miss a session. We cannot always offer you an alternative day/time, however, if you have done your skills practice that week, you can email it to us and your group facilitator can email back feedback. If you miss too many sessions, we may discharge you back to the care of your GP.

Where will appointments take place?

All group sessions currently take place on Microsoft Teams. Individual sessions may be offered face-to-face if necessary. These will take place at Peterborough Town Hall or Chesterton Medical Centre, depending upon your location.

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail: palsandcomplaints@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.



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CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help

HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF
T 01223 219400 F 01480 398501 www.cpft.nhs.uk



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