



The Northern Ireland Assembly and Business Trust

This training will help Members, Party support and constituency staff understand better why people who are distressed behave and react the way they do, and how through understanding this, better support could be provided to them

Dealing with Trauma—3 June 2009, Parliament Buildings

Peter McBride is the managing director of Carecall - the largest staff support organisation in Northern Ireland. Peter is a counsellor with particular experience working with people who have suffered bereavement and trauma. He has many years experience in both supporting distressed individuals, and training others to provide such support

Outline of Programme

9.30 - 12 noon

- Understanding post traumatic reaction
- Understanding the grief reaction
- Understanding how people express difficult emotions
- How to calm distressed people
- Listening skills
- Helping skills
- Coping with stress and caring for ourselves

Interested:

Please register either by telephoning

028 90 418365 (88365)

Or by e-mail to: niabt@niassembly.gov.uk

By Thursday 21 May 2009

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understanding of the
Assembly and Assembly
Members’ understanding
of business”*

