

“What about us?” Supporting the family and friends of people with traumatic stress disorders

Gill Moreton, Psychological Therapist, Rivers Centre for Traumatic Stress, Edinburgh and Treasurer of the UK Psychological Trauma Society.

Level: All

We know that the quality and availability of social support is an important factor in people's recovery following a traumatic event. We know too that people's interpersonal relationships can be disrupted by post traumatic reactions. How then do we work with our clients and their family and friends to retain and enhance this social capital?

This workshop will explore the rationale for providing support to the family and friends of our clients and for involving them in treatment. Gill will present the model that has been developed at the Rivers Centre and participants will be encouraged to share and reflect on their current practice.