

**Mental Health Support Courses****PTSD for Covid-19**

TIMESLOT: TBC, 6.00-8pm

COST: £360.00 for 6 weeks

FACILITATOR: Toria Tutt

CO-FACILITATOR: Natalie Keeling

**OVERVIEW:**

An introduction to PTSD designed to help people understand and come to terms with what has happened to them, or a loved one, during the recent Pandemic. It is a mixture of psychoeducation and experiential exercises. This course is relevant for:

- People who have suffered trauma as a result of having Covid-19
- Carers of those who have had Covid-19
- Medical professionals who have treated people with Covid-19
- Care home staff who have cared for people with Covid-19

**COURSE CONTENT:**

**Aim:** To help people understand what has happened to them

To enable people to share their experiences in a safe, supportive environment

To develop tools to help manage trauma symptoms

**Content:**

**Week 1:** **Understanding PTSD.** What is PTSD? how is it diagnosed? how is it treated? We will explore PTSD and the brain and what it's like to live with PTSD

**Week 2:** **Experiences of Covid-19 in ICU, at home and within a Care Home setting** (using experiential examples). We will explore these experiences to help understand trauma, our window of tolerance and how PTSD can affect our emotions

**Week 3:** **Therapeutic treatment of PTSD:** This week we will look at the different treatment models for PTSD with particular focus on Cognitive Behavioural Therapy, Compassion Focussed Therapy and EMDR

**Week 4:** **Tools to manage PTSD.** This session begins to address practical tools to manage PTSD focussing on routine, activity scheduling, relaxation techniques, sleep hygiene and visualisation techniques

**Week 5:** **Tools to manage PTSD.** This week focusses on understanding triggers and flashbacks and how to manage these. Additionally we will begin to develop cognitive tools to manage our thoughts and beliefs about trauma

**Week 6:** **Overview & Relapse Prevention.** The final week will focus on reviewing our understanding of PTSD and the tools we have developed to manage it.