

Feedback from service users who have attended the course

'I know I'm not alone going through this.'

'Learnt grounding and relaxation techniques,'

'Understanding PTSD.'

'I feel more able to open up and share my experiences.'

'Knowing that my reactions are "normal" for PTSD,'

'Being able to relax,'

'It is a condition that can be managed,'

Central & Eastern Cheshire Primary Care
IAPT Service Cheshire & Wirral
Partnership NHS Foundation Trust
South & Vale localities

Delamere Resource Centre
Delamere Street
Crewe, Cheshire
CW1 2JZ
01270 655225

Vale House Resource Centre
High Street,
Winsford, Cheshire
CW7 2AS
01606 555210

The course content is based on the
Berkshire NHS Trauma Centre
psycho-educational course.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এন এইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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Cheshire and Wirral Partnership NHS Foundation Trust

POST TRAUMATIC THERAPY

1ST PHASE OF PSYCHOLOGICAL THERAPY

Central & Eastern Cheshire Primary Care
IAPT Services
South and Vale Localities

Care • Well-being • Partnership

Post-Traumatic Stress Disorder (PTSD) is a name given to symptoms many people will experience after a fearful and threatening traumatic event, which may have happened to you directly or that you have witnessed. Some of the main symptoms include:

- Recurrent distressing recollections of the event.
- Avoiding things to do with or related to the event.
- Feeling tense, irritable, on high alert, difficulty resting and sleeping.
- Feeling depressed.

Research has shown that Psychological Therapy can be extremely effective at reducing and managing these symptoms.

Research also has shown that being best prepared for one to one therapy can improve the overall outcome of this.

1st phase of Psychological Therapy

There are two phases of Psychological Therapy within our service. The first phase is an educational course delivered in a group setting and is focussed on you being best prepared for phase 2. The group sessions are 1.5 hrs long, which includes a short comfort break with hot and cold drinks provided; there are 6 sessions delivered weekly over a 6 week period.

What will I learn?

The overall aims of the course are to develop:

- 1: An understanding of what PTSD is and why the problem can persist.
- 2: Awareness of the impact and consequences the problem can have on daily life.
- 3: Learn techniques which will help settle some of the symptoms.

Each session is broken into 2 parts, a teaching component and a practical exercise.

Topics covered include: what is PTSD and what keeps PTSD going? ; The threat system; normal memories Vs trauma memories; Beliefs and unintended consequences; improving sleep; looking back and looking forward.

Some of the practical exercises include: breathing exercises; muscle relaxation; creating a 'safe place'; grounding exercises; re-scripting nightmares.

The second phase will involve one to one, face to face Psycho-Therapy.

Who runs it?

The group is run by a Cognitive Behavioural Therapist.

Do I have to speak?

Participation is encouraged but specific details of the event/s will be asked about within the group. The importance of confidentiality is taken seriously and is outlined to every member.

What will be expected of me?

Commitment to attend all 6 sessions.

If you cannot make any group session you must contact us as soon as possible. If you miss a session and do not contact us within 3 days, you will be discharged from the service and your GP will be informed. If you miss 2 or more of the group sessions you may be asked to attend the next course.

Every session you will be required to fill in a short Questionnaire, these are confidential and help is provided if you need support filling this in.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.