

Victims Unit
Seminars for churches and faith communities

Our Journey Towards Healing – Mind, Body, Spirit

Seminar Report **January 2004**



Office of the

**First Minister and
Deputy First Minister**

www.ofmdfmi.gov.uk

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Introduction

The Victims Unit strategy, 'Reshape, Rebuild, Achieve', which was aimed at addressing the needs of people affected by the conflict in Northern Ireland was published in April 2002. This strategy recognised the important role of church and faith workers over the years in helping traumatised people, often at great personal cost and strain. The Victims Unit also recognises that it is important to address all the needs – spiritual, psychological and practical - of those who have suffered and that it is therefore important to work together with churches and faith communities to offer support.

After consultation with a number of faith communities, the Victims Unit decided to run seminars aimed at giving clergy and faith workers the information needed to help them in their work of supporting others affected by the conflict, and a Steering Group of faith workers and trauma professionals was set up to develop the seminars. Steering Group members are listed at Annex A.

The programme covered the effects of trauma, recognising and responding to psychological trauma, how to help in the healing process, self-care and services available, as well as offering an opportunity to share experiences with others. The seminar programme is detailed at Annex B.

Eight seminars were held during September and October, two in Belfast and one each in Londonderry, Ballymena, Newcastle, Armagh, Irvinestown and Cookstown; attended by around 250 clergy, faith workers and pastoral care workers in all. I would like to acknowledge the Steering Group for their hard work in planning the series of seminars, David Bolton from the Northern Ireland Centre for Trauma and Transformation for developing the course content and all the presenters: Peter McBride and Graham Logan from Carecall, Arlene Healey and Stephen Coulter from the Family Trauma Centre, David Bolton and his team and Dr Mamoun Mobayed.

The seminars have been well received and the feedback from both attendees and presenters has been very positive. All attendees were asked to complete a feedback form to help the Victims Unit to gauge the success of the seminars and also to identify the needs of clergy and faith workers in relation to their pastoral care of people who have been affected by the conflict. The information gathered from the feedback forms is given in detail on the following pages and wherever possible we shall follow up on the suggestions made.

The Victims Unit also hopes that developing relationships with church and faith communities will help to get information about services available through to people who need them and also to help us find out more about their needs. As a first step all seminar attendees were given ten copies of a questionnaire on the needs of people affected by conflict and asked to distribute them or complete them on their own or others' behalf. Unfortunately of the 2,500 questionnaires issued in packs we have only had one returned! I would be very grateful if more of these could be completed and returned to the Victims Unit at the address on the back of this report. The information gathered is invaluable to us in planning future policy for victims and survivors work.

I would like to thank all those who attended the seminars and I hope that we can work together in the future. All the names of those who registered for the seminars will be added to our mailing list to receive relevant information and for inclusion in Victims Unit consultations.

If you wish to know more about the work of the Victims Unit or would like any information please contact us on Freephone: 080 8127 3333, email: info@victimsni.gov.uk or via our website: www.victimsni.gov.uk

Caroline Evans
Victims Unit
January 2004

Feedback from Seminar Participants

All seminar attendees were asked to complete a feedback form consisting of eight questions. Although not all attendees completed a form and very few were returned from the Cookstown seminar, we still received 116 responses which have given us some very useful information. The questions and a summary of responses are shown below.

Q1 Participants were asked to rank sections of the seminar in the order (1-5) in which they found them most useful.

Unfortunately our instructions for completing this question obviously weren't very clear, because people had interpreted them in different ways and some gave marks out of five. However, we have analysed the responses and found that the rankings overall (most useful first) were:

- (1) Traumatic experiences and their impact, traumatic grief, post traumatic stress disorder (PTSD) and its effects;
- (2) Responding to trauma;
- (3) Self-care;
- (4) Exploring existing skills and knowledge and identifying further needs; and
- (5) Resources and support available.

Interestingly, a significant number of people felt unable to rank the sections because they felt that they were all equally useful and each of the five sections was given the highest ranking by some people.

Q2 Please comment on the programme.

Overall, the programme was considered to be very good, well organised, helpful and well presented. However, many people felt that it was too intensive for one day and would have liked more time to discuss and work in small groups. Parts of the content singled out as being especially useful were: the difference between trauma and grief; the use of cathartic and creative ways of helping victims; reinforcing the needs for personal boundaries; the emphasis of what is "normal" for PTSD; and being alert to the story behind the presenting pain.

Q3 Are there any other areas you would like to see included in the programme?

14% of those who provided feedback were happy with the programme as delivered. However there was a wide range of suggestions for additional areas that people would like to be included. These are summarised as follows:

- A focus on the theology of pastoral care and provision – help in understanding how much support is part of the Christian message/other faiths.
- The problem of personal spiritual development and its location within the context of the Troubles. We need a spirituality of the Troubles.
- Children and young people
- Experience of other countries
- Community trauma/impact of trauma on society
- Reconciliation – Restorative Justice Programme
- Acknowledgement that perpetrators as well as victims are going through trauma/grief/anger/guilt and need help too
- Input from people who have received help
- Including co-workers

Advice and skills development

- How to get people to avail of help
- Recognising stress and trauma and getting people to open up about it
- Grief around loss of Mental Health in family members
- Possibly specific reactions to certain traumas
- How to help people who are affected but who don't suffer from Post Traumatic Stress Disorder (PTSD)
- More information on trauma related needs and living with trauma
- Something on the "dependent" "unable to stop" client
- More on forms of therapy other than Cognitive Behavioural Therapy (CBT)
- Practical examples of CBT and Eye Movement Desensitisation and Reprocessing (EMDR)
- Information on the implications of professionalism and accreditation of counselling
- Advice on listening techniques
- Identifying and dealing with those who would self-harm
- Dealing with the families of suicides

- Dealing with your own traumatic experiences
- Dealing with others' emotions especially uncontrolled anger/emotion
- Dealing with unrealistic expectations (own and others) and volume of needs
- Practical ways of self-care and demonstration of therapies/techniques for relaxing
- More on training for carers and continuing care

Group work/networking

- Examples of good practice from within the faith community/opportunities for faith workers to share experiences and discuss case studies/role play with vignettes
- Get the seminar group together again – like a self-help group and to look at future ways to meet those serious needs
- Explore practical networking by helping people to make connections
- Geographical work

Resources

- A tape recording/CD to share with others
- More information on the resources available
- Materials to help in counselling different situations
- Easy to follow checklists

Q4 Have you identified any further training needs as a result of attending this seminar?

- Specific training topics
- Basic counselling/addiction counselling/non-directive counselling
- Suicide awareness/self-harm awareness
- Training with helping children deal with trauma
- Training courses for volunteers
- Self-care/how to set boundaries/personal management/self awareness/stress management
- More specific training re: trauma, recognising trauma and PTSD and caring for the traumatised. Perhaps working alongside a mentor.
- Practical skills workshops to develop confidence and competence in assisting people/pastoral care of victims of traumatic episodes
- Supervisor training. How to resource and develop support systems workers under one's care.

- More on Family Therapy and EMDR
- Negotiation skills
- Reading body language
- More in depth training on the topics covered by the seminar
- More on mental health issues in relation to faith
- How to debrief. Some models etc.
- More specific advice on being able to 'hand over' to others at a given stage of helping
- How to make a community/congregation more sensitive to different levels of recovery/ongoing pain
- Looking at how we as a society have developed as opposed to how we would have developed if injustices had been addressed in a more constructive and responsible way

Training in faith colleges

- Offer this type of training in faith colleges
- Preparing clergy and pastoral workers to deal with these issues
- We need to include this topic in the training of Ministers
- My training via the church was not sufficient – they think the most we'd be involved with might be marital problems
- All clergy need more training (in college) for grief/trauma counselling

Training within churches and faith communities

- I need a time/place where I can discuss with others how this work "fits" within my overall pastoral role, the "culture" of my congregation, training others for this aspect of ministry.
- I would like to have a day like today specifically for our movement
- Spiritual oriented counselling training
- Explore spiritual and theological aspects of trauma and the Troubles
- Theological reflection on tensions between justice and mercy

Inter/intra church working

- More opportunities to meet and learn from one another
- More churches together at seminars so that we can understand the situation better
- Follow-on discussion seminar with the same group
- Area panels should be formed but need the active participation and support of church leaders

Support from within churches and faith communities

- The need for personal supervision – burn out is evident
- Built in retreats/reflection
- More involvement from senior church leaders
- I would have liked a Bishop to be here
- Constructive leadership in getting us to work together as a 'faith worker' group
- Support systems for church/faith workers
- A clear structure is needed within the RC Church for carrying out this type of work. Is there a desensitising prevalent in church circles masking inability to cope or deal with trauma?
- Need these seminars repeated within denominations

Networks/partnership working

- Setting up of faith worker networks/support group
- Improved networking and intercommunication between faith communities, statutory and voluntary groups
- Partnership with caring professions
- Opportunities to increase understanding of the skills and resources of the various professional sources of help

Resources

- More information on access to the full range of services
- Signposts to more reading material on the issues raised
- Reading material on cognitive therapy
- Tapes/videos that would be useful for churches to have for their pastoral teams
- More information on sources of support and help
- A glossary of the vocabulary used by trauma counsellors/psychiatrists etc.

Training for others

- Training should be offered to teachers, parents, carers, people working in Education and Health
- A seminar for non-Northern Ireland people who live and work here and who may not have been touched by the Troubles
- Trauma training for counsellors in GPs surgeries, churches, etc.

Q5 What are the needs of clergy and faith workers in relation to their pastoral care of people who have been affected by the conflict?

Over 40% of the responses to this question identified a need for personal and spiritual support, pastoral care and supervision to prevent burn out and overcome feelings of isolation. This need also featured strongly in discussions at all the workshops and appeared to be common to all churches.

Other needs

- Time off and time to meditate
- More understanding of how to put support and supervision systems in place and help to develop them
- Non-exploitative ways of working
- Training in group work
- Networking system (clergy and faith workers)/opportunities for cross-community clergy/ministry contact
- Materials and lists of resources
- More seminars and money for training for clergy, faith workers and church volunteers
- Training on current issues surfacing to be preferably ahead of the crises
- Self awareness in how they have been affected
- Listening skills
- More need for self care and an acknowledgement of how much we do/being valued/recognition
- More contact with psychological therapy groups and exchange of dialogue and learning
- In service practical training, some as expert counsellors
- Partnership with professional help

Q6 Do you have any skills/experience that you could offer to your peers to support them and their work with people affected by the conflict?

Individuals were not asked to identify themselves when completing the feedback form so this question was primarily aimed at identifying the range of skills and experience that are available within churches and faith communities that could be used in support systems.

Skills and experience are available in the following:

- Counselling
- Focusing therapy
- Group work
- Reconciliation and community relations work
- Psychotherapy
- Clinical Pastoral Education
- Listening
- Prayer
- Meditation
- Supervision
- Support
- Teaching and training
- Working with young children
- Working through own traumas of various kinds
- Acting as a facilitator in helping people dealing with loss due to bereavement/divorce
- “Rapid response” type pastoral work on a “front line”
- Facilitating oral history workshops
- Developing pastoral care in a church setting
- Hospital chaplain work
- Setting up a “faith based” coffee shop with access to help
- Team member of a Major Incident Response Team
- The Partners in Transformation project of The Irish School of Ecumenics is willing to work with church leaders on the need to develop self-care and support for their clergy.

It was suggested that peer group seminars and discussions would help clergy/faith workers to support one another and draw out relevant skills and experience. **It was emphasised again that the active participation and support of church leaders would be essential if support systems were to be effective. The point was made, both in the feedback forms and throughout the seminars, that there is a huge need for safe space for faith workers where they can raise issues or experiences without being judged by their peers as “needy” or “failing”.**

Q7 What more can the Victims Unit do to help you as clergy and faith workers?

Responses are summarised as follows:

Resources

- Provide finance for supervision and in-service training
- Provide finance for complementary therapies and counselling locally
- Project workers in key areas (eg. East Belfast)
- Provide as complete a list as possible of voluntary agencies including Christian etc. groups and their ethos on a local basis
- Provide details of courses/seminars/resources/support services
- Resources for teaching in congregation – Annual ‘Trauma’ Sunday with service plan/service notes/ideas and contacts for speakers
- Resources for training lay ministries in churches
- Visits from therapists
- Assist us to set up a “faith based” coffee shop in downtown Belfast

Training

- Explore the possibility of repeating seminars within denominations/act as a catalyst for clergy training
- Let churches know of further training being offered by credible organisations
- More training with a greater emphasis on self-care
- Seminars two or three times a year
- More support and training for youth workers
- Give basic counselling course to clergy to get down to feelings

Communications

- Include representatives in the Victims Unit, either through a forum or similar body
- Have open days
- Keep us informed of developments
- More dialogue, exchange and events
- Brief clergy in simple terms about what the Victims Unit is offering victims
- Ask clergy for the opportunity to present information on their ground
- Have a regular cross-cultural/religious forum/local fora

- Network names and addresses on a locality basis
- Be seen to be more proactive to let people know that the Victims Unit exists
- Come and speak to our people
- Encourage senior church leaders to come on this type of seminar
- Keep this on the institutions’ agenda – not just as an interest for individuals
- Tell us what might be useful to the community eg. a ceremony for victims

Support

- Identify a nucleus group who could set up professional peer support in Northern Ireland
- Provide a supportive/consultative role
- Continue to affirm the contribution of faith communities
- Accept referrals

Q8 The Victims Unit is particularly interested in understanding the needs of individuals affected by the conflict in Northern Ireland and would be grateful for your help. Have you any suggestions on how your church or faith community could help us to access this information?

Responses are summarised as follows:

- Ask churches directly
- By distributing leaflets, posters, questionnaires
- A questionnaire in denominational and other Christian magazines
- Providing a forum for discussion, dissemination of information and research which would meet and feed back to the Victims Unit
- Providing mediation
- Having an open day and inviting the Victims Unit
- Small group storytelling
- Make sessions like these available to clergy conferences
- By referring individuals or stories (with permission)
- Contact each individual congregation within each denomination and ask for information to be sent to the Victims Unit
- Through linking with prayer groups
- Survey and research

- Conference of Religious of Ireland (CORI) may have a database of pastoral workers in RC community
- Alert members that we are better tuned into this subject and expand the debate
- Have a co-ordinator between the Church and the Victims Unit to raise awareness within the Church and provide information
- Meet within denominations with victims – cluster denominations

Feedback from Steering Group

The following is a summary of the comments made by members of the Steering Group following the seminars.

Seminars

- One of the key factors that contributed to the success of the seminars was the feeling of recognition and not being alone that attendees felt.
- Seminars demonstrated that it is helpful for difficulties to be acknowledged – showed the importance of peer support.
- It would have been helpful to have had input from DHSSPS, especially around the role of chaplains within hospitals.
- Splitting into workshops at the Ramada seminar and sharing experiences was very good.
- Safe space was very important.
- The interface between medical professionals and faith workers was an affirmation of the role of faith workers and the prospect of collaboration.
- It would have been useful to have a presentation from someone who is currently working in a faith community and who has been trained in trauma intervention.
- There seemed to be two separate agendas amongst attendees – those who wanted to gain skills and those who wanted to acknowledge and process their own feelings.
- The seminars have provided a framework to help faith workers to interpret what they see every day.
- It was good to have such positive presenters.
- The seminars were a useful mechanism for raising awareness.

Other

- Shocked to find that clergy didn't have supervision.
- It was disappointing that more clergy didn't attend the seminars and that so many who had registered didn't turn up on the day. Is there an issue of avoidance/denial – an inability to face up to the needs in our midst?
- Churches can be more comfortable with missionary work abroad than with dealing with local problems.
- Sometimes faith workers in the community can be afraid to dig below the surface in case they cannot deal with what they find. They would benefit from greater direction.

- Training should be offered to theological students so that they have grounding in the medical side of trauma before they have to deal with it in their ministries.
- Would it be useful to have some qualitative research on the extent of the problems?
- Faith workers are often already doing what is required, but can lack confidence because they are using a different language – we need to find a commonality between the language/terminology used by faith communities and that used by medical professionals.
- People don't just seek help from clergy and faith workers immediately after a traumatic incident – they also need support after health professionals have done all they can.
- There are some denominations which haven't been reached by the seminars – how can we overcome their doubts about the value of psychological support and include them in the future.
- It is difficult for faith communities to access funding for training, supervision and community work. Clergy should be involved in planning funding programmes so that they are not at a disadvantage against secular organisations.
- Churches and faith groups could access European Funding by getting involved in partnerships in their communities.
- One of the feedback forms from attendees mentioned the need to develop "a spirituality of the 'Troubles'". This is an important issue.
- The Church of Ireland, Down and Dromore Diocesan outreach conference in November had a workshop on these issues. Many in the Church had enormous experience in this area, some had needs of their own and some were working with groups who had needs.
- At the Ramada seminar, our group discussed compassion fatigue and how clergy could manage the trauma that has been shared with them. A member of the Steering Group advised them of the method that Charles Figley uses. He verbally/mentally and physically offloads what has been disclosed to him as he closes his door after sessions with clients. This can take the form of mentally throwing objects, verbally expressing what he wishes he could say to the client or physically closing the door behind him and stating that he will not think about the client until the next day.
- It seems from the feedback that the biggest issue is the diversity of approaches of each of the churches in regard to pastoral support, development and supervision. Indeed this is a significant revelation in itself.
- The issue of awareness raising should be harnessed for the planning of future training programmes for clergy and pastoral care workers.

Resources Available

Contacts for Advice and Signposting

EHSSB

Trauma Advisory Panel Co-ordinator: Sharon Campbell,
tel: 028 9055 3978, email: scampbell@ehssb.n-i.nhs.uk

NHSSB

Trauma Advisory Panel Co-ordinator: Sheelagh Sheerin, tel: 028 2565 4170,
email: s.sheerin@btopenworld.com

SHSSB

Trauma Advisory Panel Co-ordinator: Clare Quigley, tel: 028 3083 3074,
email: clare.quigley@ic24.net

WHSSB

Trauma Advisory Panel Co-ordinator: Sheena Funston, tel: 028 7136 5806,
email: sfunston@foylebv.n-i.nhs.uk

Sperrin Lakeland HSS Trust

Community Victims Support Officer: Sean Coll, tel: 028 6634 4240,
email: scoll@slt.n-i.nhs.uk

Each of the Trauma Advisory Panels and the Sperrin Lakeland Trust has produced, or is producing, various self-help directories.

Northern Ireland Centre for Trauma and Transformation (NICTT)

Tel: 028 8225 1500, email: info@nictt.org web: www.nictt.org

Association of Christian Counsellors

Tel: 028 9032 7231

Advice for Parents

The Family Trauma Centre, tel: 028 9020 4700,
email: ftc@sebt.n-i.nhs.uk

Training

The **Northern Ireland Centre for Trauma and Transformation** provides a range of programmes at different levels, from foundational training in trauma awareness through specialist workshops and seminars on the recognition, assessment and treatment of psychological trauma to a diploma in Cognitive Therapy (run in conjunction with the Sperrin Lakeland

Trust). Specific programmes can also be developed to meet the needs of particular organisations. Contact the Centre at the number above for details.

Carecall, which is a wholly owned subsidiary of the Northern Ireland Association for Mental Health, provides mental health support services throughout Northern Ireland and beyond. A particular element of this work is a post-critical incident/trauma response made up of individual/group support and training in the management of critical/traumatic incidents. Carecall is also available to provide both bespoke training courses in the management of psychological trauma and training and support to those who are working in this field.

Tel: 028 9024 5821, email: pmcbride@carecallsolutions.com, web: www.carecallsolutions.com

NOVA (Barnardo's NI) facilitates 'When Living Hurts: Helping Ourselves and Others', trauma management training for community workers which is a comprehensive introduction to understanding and managing trauma. It draws on the latest research to provide accessible knowledge about the impact of trauma and skills for managing traumatic stress reactions. It is a lively, practical training which actively promotes support for the carer as a buffer against overload and burnout.

NOVA is a project supporting children, families and communities traumatically affected by the Northern Ireland conflict. It offers a community trauma counselling service to people in their own homes; a mentoring-supervision service and training and consultation on trauma management to community activists.

Contact Martin Murphy, Children's Services Manager, NOVA (Barnardo's NI), Bocombra Lodge, 2 Old Lurgan Road, Portadown, BT63 5SG, tel: 028 3833 5173, email: martin.murphy@barnardos.org.uk

WAVE/QUB run a modular, one-year 'Top-up' trauma course with assessment by examination and portfolio. Modules include: Theoretical Perspectives; the Northern Ireland Experience within an International Context; and The Application of Theory within a Community Context. Contact Margaret Riddles or Christine Cairey at WAVE, tel: 028 9077 9922 for further information.

NI Hospice Care runs a seven week training course in Bereavement Care, cost £90 for 7 sessions. Contact Education Administrator, tel: 028 9078 1836, email: education@hospicecare.com

Supervision

There may be a number of existing pastoral supervision resources within churches and faith communities. We are aware of the following:

Fr Seamus O'Kane, 12 Gortinure Road, Maghera, BT46 5RB offers pastoral supervision for clergy on a one-to-one basis or small groups, tel: 07989 946344, email: sokane@maghera.fsnet.co.uk

Daneo Human & Spiritual Development Services, 537 Antrim Road, Belfast provides clinical supervision to a number of agencies within the greater Belfast area and beyond. Requests for supervision should be made to Margaret Maguire at the above address, tel: 028 9078 1513.

NOVA (Barnardo's NI) – see information under Training.

Suggested Reading Materials

Trauma and Recovery

Judith Lewis Herman; Basic Books (1992)

Exclusions and Embrace

Miroslav Volf; Abingdon Press, ISBN 06870028

Trauma and Transformation: Growing in the Aftermath of Suffering

RG Tedeschi & L Calhoun; Paperback (1995)

Post-traumatic Growth: Positive changes in the aftermath of crisis

RG Tedeschi, CL Park & LG Calhoun; Mahwah, NJ: Lawrence Erlbaum Associates (1998)

Understanding post-traumatic stress

Joseph S, Williams R & Yule W; Chichester: John Wiley & Sons (1997)

Coping with loss

Nolen-Hoeksma, S & Larsen J; New Jersey & London: Lawrence Erlbaum Associates (1999)

Opening up. The healing power of confiding in others

Pennebaker JW; New York: William Morrow and Company (1990)

Grief as a Family Process. A Developmental Approach to Clinical Practice

Shapiro ER; New York: The Guilford Press (1994)

Handbook of bereavement research

Stroebe MS, Hansson RO, Stroebe W & Schut H (Eds); Baltimore: United Book Press Inc (2001)

Finding the Energy to Heal

Phillips M (Ed); New York: WW Norton & Company (2000)

Grief Counselling and Grief Therapy (2nd ed)

Worden JW; London: Routledge (1991)

The Lost Art of Forgiveness - Stories of Healing from the Cancer of Bitterness

Johann Christoph Arnold; Plough (1998), ISBN 0874869501

The relaxation response

Benson H; New York: Avon (1975)

Tapping the Healer within

Callahan R; London: Piatkus (2001)

The relaxation & stress reduction work book (5th ed)

Davis M, Eshelman ER & McKay M; Oakland: New Harbinger Publications Inc. (2001)

Energy tapping, breakthrough new methods based on ancient techniques that can help you

Gallo FP & Vicenzi H (Eds); Oakland: New Harbinger Publications Inc (2000)

Growing beyond survival: A self-help toolkit for managing traumatic stress

Vermilyea EG; Baltimore: The Sidran Press (2000)

Details of Charles Figley's publications on Compassion Fatigue and Helping Traumatized Families are available at <http://mailer.fsu.edu/~cfigley>

The **Community Relations Council Resources Centre** at 21 College Square East, Belfast has a very comprehensive publications list.

Fictional Works with Trauma themes

Regeneration by Pat Barker

Birdsong by Sebastian Faulks

Charlotte Gray by Sebastian Faulks

Lucky by Alice Sebold

Waking the Tiger by Peter Levin

Internet Sites

Victims Unit: www.victimsni.gov.uk

NI Centre for Trauma and Transformation: www.nictt.org

Carecall: www.carecallsolutions.com

Belfast Cognitive Therapy Centre: www.belfastCTcentre.com

Sudden Death Information Pack: www.ehssb.n-i.nhs.uk/traumaticgrief.nsf

Employing a counsellor – best practice:

www.dhsspsni.gov.uk/publications/2003/counsellor_employing.pdf

UK Trauma Group: www.uktrauma.org.uk

European Society for Traumatic Stress Studies: www.estss.org

International Society for Traumatic Stress Studies; www.istss.org

What Next?

The Victims Minister, Angela Smith MP, has invited the leaders of the main churches in Northern Ireland to meet with her to discuss how Government can support them in their work with people affected by the conflict. The Victims Unit and the members of the seminar Steering Group are willing to assist churches and faith communities in addressing the needs identified in this report.

A team from STAR (Seminars on Trauma Awareness and Recovery), a joint project of the Conflict Transformation Program at the Eastern Mennonite University, Virginia and the Church World Service, attended the November 2003 Down and Dromore Diocesan outreach conference and ran the Edgehill Theological College's women's seminars in November 2003. The STAR programme has been running week long courses for clergy and faith workers for the past two years in the USA and Europe. The team would be willing to set up a STAR programme in Northern Ireland to provide four, week long courses per year if funding was available.

The seminar 'Bridges of Healing' was run twice in November 2003 in Edgehill, the Methodist Theological College. The Methodist Church is holding a conference for Ministers in February at which there will be workshops on telling the untold story.

The Think Again project in the Church of Ireland, Down and Dromore Diocese, the Reconciliation Project at Edgehill Methodist College known as the Creative Partnership, have invited the Trauma Advisory Panel Co-ordinators from the Health Boards to join them in their work with the leaders of the church women's organisations. This interdenominational developmental process is involved in the development of church women's capacity to engage in the healing of community.

The Victims Unit and the seminar Steering Group will explore the feasibility of producing a leaflet of best practice for faith workers.

The Victims Unit will circulate, to all seminar attendees, future editions of its Newsletter and any information which they might find useful to support their practice.

Annex A

STEERING GROUP MEMBERS

Ms Clare Quigley	SHSSB, Trauma Advisory Panel Co-ordinator
Ms Sheena Funston	WHSSB, Trauma Advisory Panel Co-ordinator
Ms Sharon Campbell	EHSSB, Trauma Advisory Panel Co-ordinator
Ms Sheelagh Sheerin	NHSSB, Trauma Advisory Panel Co-ordinator
Mr Sean Coll	Community Victim Support Officer, Sperrin Lakeland Trust
Dr Mamoun Mobayed	Inter-Faith Forum
Mr David Bolton	NI Centre for Trauma and Transformation
Mrs Olive Bell	Edgehill Theological College
Ms Heather Morrow	Evangelical Alliance
Rev Kenneth Brady	Catholic Church
Rev Charlie Leeke	Think Again Project, Church of Ireland
Rev Donald Watts/ Mr Lindsay Conway	Presbyterian Church in Ireland
Mrs Arlene Healey	Family Trauma Centre
Mr Stephen Coulter	Family Trauma Centre
Mr Peter McBride	Carecall
Mr Graham Logan	NI Association for Mental Health
Mrs Caroline Evans	Victims Unit, OFMDFM (Chair)
Mr Michael McAvera	Victims Unit, OFMDFM (Secretary)

A representative of The Free Presbyterian Church was also invited to join the Steering Group.

Annexe B

Victims Unit

Seminars for churches & faith communities

Seminar Programme

The programme will incorporate teaching, information sharing, discussion and small group work with time for reflection.

9.30-10.00	Registration: tea/coffee
10.00-10.15	Welcome & Introduction to the Seminar

UNDERSTANDING THE IMPACT OF TRAUMATIC EXPERIENCES

10.15-11.15	<p>WHAT HAPPENS TO US WHEN WE EXPERIENCE SOMETHING THAT DISTRESSES US?</p> <ul style="list-style-type: none"> • The impact on our physical wellbeing • The emotional and psychological consequences • The overall impact on our lives, relationships etc. • An introduction to psychological trauma & traumatic grief
11.15-11.30	Tea/coffee
11.30-12.45	<p>RECOGNISING PSYCHOLOGICAL TRAUMA & TRAUMATIC GRIEF</p> <ul style="list-style-type: none"> • How adults and children are affected • Personal reflections on traumatic experiences and loss
12.45-1.45	LUNCH

HELPING HEALING

1.45-2.45	<p>RESPONDING TO PSYCHOLOGICAL TRAUMA</p> <ul style="list-style-type: none"> • Early helpful responses • Later helpful responses • The role of therapy <p>A different approach to grief & trauma. Are feelings the same as facts? Bringing together helpful responses and perspectives on loss and trauma</p>
2.45-3.30	<p>SMALL GROUPS</p> <ul style="list-style-type: none"> • What is my role in the healing process? (Small groups) • What skills can I use to help? (Small groups) • Coping with anger & aggression. (Small groups)
3.30-3.45	Tea/coffee
3.45-4.00	<p>KEY THINGS TO REMEMBER</p> <ul style="list-style-type: none"> • When do I need to refer to other services? • What services are available? • How can I continue to help?
4.00-4.30	<p>SELF CARE & SUPPORT FOR COLLEAGUES</p> <ul style="list-style-type: none"> • The personal costs of helping others • Recognising my own needs • Developing a self-care plan
4.30-5.00	Discussion & review of the Seminar



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