# Global Horizon
## TRAINING CENTER

*Training Course:*
*Facilitating Healing*

*16 - 20 June 2025*
*Trabzon (Turkey)*

# Training Course:
## Facilitating Healing

Training Course code:  SC235453  From:  16 - 20 June 2025  Venue:  Trabzon (Turkey) - Training Course Fees:  6000  Euro

## Introduction

In today's world, many individuals carry complex trauma histories that deeply impact their emotional, psychological, and physical well-being. Complex trauma, often stemming from prolonged exposure to severe stressors such as abuse, neglect, or violence, can profoundly affect an individual's ability to trust, form relationships, and navigate daily life. As trainers, it is crucial to possess the knowledge, skills, and sensitivity necessary to support individuals with complex trauma histories on their journey towards healing and resilience.

The "Facilitating Healing" training program is designed to equip trainers with the specialized tools and insights required to effectively work with individuals who have experienced complex trauma. Grounded in trauma-informed principles and therapeutic techniques, this program aims to empower trainers to create safe, supportive environments where healing can flourish. By fostering understanding, compassion, and practical intervention strategies, trainers will play a pivotal role in promoting recovery and restoring hope for individuals impacted by complex trauma.

## Target Audience

- Mental health professionals

- Counselors and therapists

- Social workers

- Educators and school staff

- Community leaders and advocates

- Anyone involved in supporting individuals with complex trauma histories

## Objectives

By the end of this training program, participants will be able to:

1. Understand the dynamics and impact of complex trauma on individuals.

2. Develop trauma-informed approaches to support and empower survivors of complex trauma.

3. Utilize effective communication and engagement strategies in working with trauma survivors.

4. Facilitate healing-focused interventions that promote resilience and recovery.

5. Implement self-care practices to sustain resilience and prevent burnout in their roles.

## Outlines

### Day 1:

### Understanding Complex Trauma

- Definition and characteristics of complex trauma

- Neurobiological and psychological effects of trauma

- Trauma-informed care principles and ethics

### Day 2:

### Building Trust and Safety

- Creating safe and supportive environments

- Strategies for building trust with trauma survivors

- Establishing boundaries and managing expectations

### Day 3:

### Trauma-Informed Communication

- Effective communication techniques with trauma survivors

- Active listening and validation skills

- Role-playing and practice scenarios

### Day 4:

### Healing and Resilience

- Strengths-based approaches to healing

- Promoting resilience in trauma survivors

- Practical exercises and group discussions

### Day 5:

### Implementing Healing Interventions

- Designing and delivering trauma-informed interventions

- Evaluation and adaptation of intervention strategies

- Self-care strategies for trainers and sustainability practices

## Registration form on the Training Course:
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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): ................................................................................................................
Position: ...................................................................................................................................................
Telephone / Mobile: .................................................................................................................................
Personal E-Mail: ......................................................................................................................................
Official E-Mail: .........................................................................................................................................

### Company Information

Company Name: ........................................................................................................................................
Address: ...................................................................................................................................................
City / Country: ...........................................................................................................................................

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): ................................................................................................................
Position: ...................................................................................................................................................
Telephone / Mobile: .................................................................................................................................
Personal E-Mail: ......................................................................................................................................
Official E-Mail: .........................................................................................................................................

### Payment Method

☐ Please find enclosed a cheque made payable to Global Horizon

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### Easy Ways To Register

| Telephone: +201095004484 to provisionally reserve your place. | Fax your completed registration form to: +20233379764 | E-mail to us : info@gh4t.com or training@gh4t.com | Complete & return the booking form with cheque to:Global Horizon 3 Oudai street, Aldouki, Giza, Giza Governorate, Egypt. |