



ARTT - The Association for Rewind Trauma Therapy (www.artt.org.uk)



and FAMSA Knysna and Plettenberg Bay (**Registered Rewind Trainer Centre**)

Present

Rewind Technique Workshop for Treating PTS/TSD

If you work with traumatised clients, this may be the most important training you do.

Date: Wednesday, 1 March 2017

Time: 09h00 – 16h00

**Venue: The Rock Church –
corner of Main Street and Queen Street,
Knysna**

PROGRAMME

09:00 Workshop starts

11:00-11:15 Tea and Coffee

11:15 – 13h00 Workshop continues

13:00 – 13h45 Lunch break –(please bring your own/take-away shops nearby)

13h45 – 16h00 Workshop continues

The first part of the workshop is spent on the theory of how the Rewind works and looks at the advantages of replacing coping strategies such as CBT with the definitive filing of the distressing and recurring involuntary recall .This is followed by considering the best way to assess the need for treatment and how to demonstrate whether the outcome of treatment has been successful. There will then be a practical demonstration.

The second half is practical. Every delegate will experience the technique and be competent to use the Rewind Technique by the end of the course.

The workshop ends with a questions and answers session.

Online support whenever needed after the course.

A comprehensive manual on how and when to use the Rewind will be provided so note taking can be kept to a minimum.

This workshop programme is suitable for those who wish to help clients that have been traumatised by surviving or witnessing life threatening events and are consequently suffering from Post Traumatic Stress.

Learning outcomes and objectives

- Competence in applying the Rewind Technique
- A clear understanding of how and why the Rewind works
- A solid grounding in recognising and treating PTS/PTSD

Facilitator: Sue Sutton Therapist from England, registered with the British Association of Counsellors and Psychotherapists (BACP). She has a particular interest in working with grief and loss, and trauma. She is certified as a Rewind Technique trainer for the International Association for Rewind Trauma Therapy (IARTT). Sue Sutton has been a FAMSAs volunteer for 4 years – firstly coming through Travellers Worldwide and then returning every 2 years combining a tourist visit as well as offering her time to FAMSAs for which we are very grateful. All profit made from this workshop will go towards assisting our community through counseling, trauma support and training.

Booking information. Fees: R750.00. (EFT can be made prior to the workshop or can be paid at the office in Spring Street before the workshop)

Early bird special - register and pay by 24 February and get 10% discount R675-00

TO BOOK: Confirm your intention to attend by emailing the Registration Form below to: knysna@famsa.org.za or calling 044 3825129

REGISTRATION Rewind Technique FAMSA Knysna

Name and Surname	
Cell no.	
Occupation	
Council Registration number	
Email Address	
Address	
Describe your involvement regarding Trauma Work	
Payment Method	