

City & Hackney Specialist Psychotherapy Service

Survivors of Childhood Trauma

A Cognitive Therapy Programme



We care
We respect
We are inclusive

We promise to work together creatively to:
learn 'what matters' to everyone, achieve a
better quality of life and continuously
improve our services.

We care . We respect . We are inclusive



Introduction

Many people struggle with the emotional consequences of childhood trauma. Sharing experiences with others who have faced similar challenges can significantly aid in the journey of healing and recovery.

That's why we're offering an 18-session programme designed to help individuals like you address the lasting effects of childhood trauma.

Purpose

Our cognitive therapy programme aims to explore and mitigate the impact of distressing memories and negative thought patterns on your present life. By providing a supportive group environment, we facilitate the process of healing and equip you with effective coping strategies.

Group Dynamics

The group will consist of 8-10 participants, along with two experienced therapists who will facilitate the sessions.

- Weekly meetings will be held (day and time to be confirmed).
- Confidentiality is paramount, and you will be encouraged to share at your own pace.
- No one will be pressured to disclose anything before they feel ready.

Approach

Our programme is grounded in Cognitive Behavioural Therapy (CBT) techniques, which have proven effective in addressing emotional, behavioural, and relationship challenges.

Developed and overseen by the Oxford Cognitive Therapy Centre, a leading authority in evidence-based therapies, our programme offers a structured and supportive framework for your journey towards healing.

Flexibility

Although we have outlined a formal programme structure, we are flexible and can rearrange the order of sessions to better meet your needs.

Your clinician will discuss this with you during your assessment. If you have any further questions, please don't hesitate to ask a member of our staff.



Getting Started

Initially, you'll meet with the therapist to discuss the programme and determine if it aligns with your needs.

Upon agreement, you'll receive a comprehensive workbook to complement the sessions. The workbook contains exercises and readings tailored to enhance your therapeutic experience.

Programme Structure

| Session | Topic |
|---------|--|
| 1 | Entering therapy -Understanding the goals and expectations of the programme. |
| 2 | Developing Coping Strategies: Learning skills to aid in your recovery process. |
| 3 | Understanding Yourself (Part 1): Identifying your problems, strengths, and needs. |
| 4 | Understanding Yourself (Part 2): Further exploration of your problems, strengths, and needs. |
| 5 | Preparing for Change: Planning for changes in your life. |
| 6 | Improving Self-Image: Enhancing your self-esteem and self-perception |
| 7 | Dealing with Flashbacks: Managing memories of the past and coping with flashbacks. |

Programme Structure

| Session | Topic |
|---------|--|
| 8 | Understanding the way you think. |
| 9 | Realizing You Were Not to Blame (Part 1): Understanding that you are not responsible for past traumas. |
| 10 | Realizing You Were Not to Blame (Part 2): Further exploration of self-blame and acceptance. |
| 11 | Managing Anger: Exploring feelings of anger and developing strategies for coping |
| 12 | Speaking Out and Confrontation: Learning to communicate assertively and handle confrontational situations. |
| 13 | Family Dynamics: Addressing family relationships and dynamics. |
| 14 | Intimacy Issues: Dealing with challenges related to intimacy. |
| 15 | Sexual Difficulties: Coping with sexual issues stemming from past trauma |
| 16 | Grieving and Mourning: Facing losses from the past and present. |
| 17 | Long-Term Coping: Strategies for maintaining progress and preventing relapse. |
| 18 | Ending Therapy: Transitioning out of therapy while continuing personal growth. |

Come along on this journey toward healing and empowerment.

Together, let's tackle the hurdles of childhood trauma and create a more positive path ahead.



Contact us

City & Hackney Specialist Psychotherapy Service
Donald Winnicott Centre
Coate Street
E2 9AG

Tel: 020 8510 2900

Email: elt-tr.specialistpsychotherapyservice@nhs.net

Web: elft.nhs.uk



[EastLondonNHSFoundationTrust](https://www.facebook.com/EastLondonNHSFoundationTrust)



[@NHS_ELFT](https://twitter.com/NHS_ELFT)



[east-london-nhs-foundation-trust](https://www.linkedin.com/company/east-london-nhs-foundation-trust)



[NHSELFT](https://www.youtube.com/channel/UCNHSSELFT)



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

We care . We respect . We are inclusive