**Dealing with Trauma and Difficult Emotions:**

**Working Towards Recovery**

**19-20 March, 2020**

**9:30-4:30**

**Descriptor:**

The Scottish Alcohol and Drug Strategy, *Rights Respect and Recovery* (2018), emphasises the importance of trauma-informed, person-centred recovery services. An understanding of the fundamentals and strategies for assessment of trauma-related reactions is essential for services working with people who are using substances. Supporting people in developing skills to manage intense emotional reactions is a key part of person-centred recovery and this course introduces strategies for emotional regulation and manging disclosure.

**Learning Outcomes**

* Explore the range of experiences which may be involved with trauma reactions and the factors to consider.
* Understand the role of emotions in trauma reactions.
* Explore strategies for helping people identify emotions and their intensity.
* Practice strategies to help people learn how to better manage intense feelings.
* Explore strategies for increasing the effectiveness of recovery-orientated treatment within a Scottish context, including motivational enhancement for lifestyle change.

**Biography**

Laura Freeman is a Clinical Psychologist who has worked within the addictions field for the past 29 years. She received her academic training in a Community-Clinical Psychology programme which allowed her to specialise in addiction studies, and then spent a year internship at the Substance Abuse Treatment Units of Yale Medical School. These two settings included training and extensive experience providing workshops and courses to addiction professionals and community members. She has worked in both Scotland and the United States, and has experience working clinically in a range of settings, including long term residential programmes, inpatient units, community based services and a harm reduction centre. She led the development and delivery of the Glasgow Addiction Services Psychology Training Programme, with over 5,000 statutory and voluntary participants between 2005 and 2010. She has taught courses for the University of the West of Scotland and Stirling University and currently provides consultation and training services across Scotland in the addiction field. For the last year, she has also been working part of the week with the Psychological Interventions Team of NHS Education for Scotland, and provides training across Scotland.

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