



steps2wellbeing

# Stabilisation PTSD Course

## What is the course?

This is a 6 session psycho-educational and skills based course for people who experience Post Traumatic Stress Disorder (PTSD) aimed at learning pre-therapy coping strategies

Key features of PTSD may include unwanted upsetting memories, nightmares, flashbacks, feeling 'on guard', experiencing physical symptoms such as aches and pains, irregular heartbeat, difficulty concentrating or difficulty sleeping.

## What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about anxiety, and making changes to what we do and how we think, in order to feel better.

## Session Topics

- **An Introduction to PTSD and how CBT and the group can help**
- **Managing Anxiety and Calming Down**
- **Grounding Techniques, Coping with Dissociation and Flashbacks**
- **Coping with Sleep Problems and Nightmares**
- **Practicing Self-Compassion and Reclaiming your Life**
- **Summary and Coping Skills Plan**

## Frequently Asked Questions

### **How many other people will be there?**

We usually have between 6-12 people attending the course.

### **What if I feel too anxious to turn my webcam on or speak?**

We understand that the thought of a course can be very anxiety provoking. We would always encourage people to switch their webcam on and speak if they feel able to, as the strength of the course is in building a shared understanding of PTSD symptoms and trying out and reviewing different skills together. You may wish to build up to switching on your webcam as the first session progresses, just let the group facilitator know at the start.

### **What if I can't make a session?**

Please call 0300 790 0542 or email [dhc.bc.s2w@nhs.net](mailto:dhc.bc.s2w@nhs.net) as soon as possible to let us know.

Please note that our website [www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk) has lots of valuable information about our service.



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