



Coping with Traumatic Events

Traumatic events can range from acts of terrorism to war to natural disasters, among others. Whatever form they take, when trauma hits close to home, it can be hard to process. This program helps identify and normalize reaction to traumatic events. Participants will explore the broad emotional impact and look at healthy ways to cope.

Participants will:

- Define what a “critical incident” is
- Discuss expected expressions of grief
- Identify appropriate means of support
- Learn effective stress-reduction techniques
- Examine strategies for helping children cope
- Determine when to seek professional support
- Explore the range of normal responses to a critical incident

Mike Collins

Mike has been working as a counsellor since 2001. Mike moved with his family to Drogheda, in Ireland, in 2006 and continued to work with EAP providers such as Optum, as well as opening his successful private counselling practice in 2008. In 2011, he completed his Train the Trainer qualification, and has been developing and delivering workshops and webinars since that time. These cover a broad range of topics such as stress management, work-life balance, mindfulness, resilience, time management and various other wellbeing issues.



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