

The Missing Link Group

Week 1: What is Trauma

Week 2: Triggers and Responses

Week 3: Emotional Regulation

Week 4: Shame

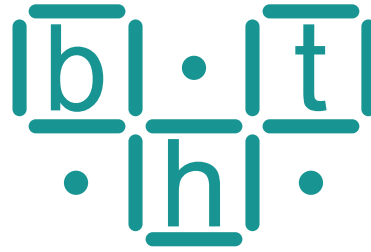
Week 5: Abandonment and
Healthy Relationships

Week 6: Self Care and Grounding

Before the end of each session, we will give you some grounding and soothing techniques which you can take away and practice during the week, particularly if you experience intense emotions and symptoms of trauma.

Nurturing Your Inner Self Group

This is a 6 week group for women to explore themselves, to understand some of their dysfunctional behaviours and to develop self-esteem and self-care strategies and to build on personal and interpersonal strengths. This is a closed group (to maximise the benefit of group work) of 1.5hr sessions.



Connect with us:



info@bht.org.uk



01273 645400



www.bht.org.uk



Search **BHT Sussex**

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Threshold Women's Services



Specialist Service for Women

We provide specialist work for all women living in BHT services and other selected services in Brighton who are struggling with the impact of trauma on their life.

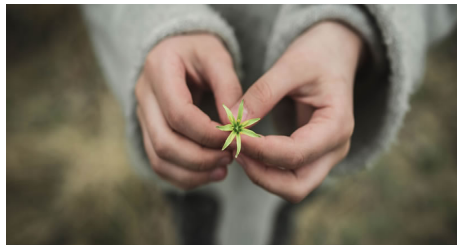


Combating Homelessness
Creating Opportunities
Promoting Change

Do you find yourself struggling with the symptoms of trauma and not being able to make changes?

Some of the symptoms of trauma may include:

- Self-harm
- Substance misuse
- Intense emotions
- Strong Impulses
- Flashbacks
- Nightmares
- Dissociation



We can help you to understand what trauma is, what it means to be triggered and struggle with its symptoms. We can offer you grounding and soothing techniques to help you to make the first steps to change, to impact your life in a positive way, and to give you **hope for the future**.

How it works

You will meet with Babi or Lara for three assessment sessions where you'll discuss what you need, and we will decide together how we can support you, within **these options**:

1. Individual support for up to 6 sessions (subject to review) and for an agreed purpose - for example, to view addiction or relationship issues as trauma responses, to normalise them and suggest coping strategies; to prepare for counselling or to engage with the Drugs and Alcohol Services

2. Individual support in preparation to undertake the Missing Link group

3. Direct access to the Missing Link group

4. Access to the Nurturing Your Inner Self group

Make a referral

Your support worker can fill in a referral form and email it to:

✉ **babi.abis@bht.org.uk**

✉ **lara.smith@bht.org.uk**

Any questions about the referral can be directed to Babi via email or mobile:

☎ **07824 123286 07919 080604**

