

15 April 2024

The Trauma Resource Centre

What services are offered by the Trauma team under mental health? How can this be accessed? Who can access this and what is the criteria that needs to be met?

What services are offered?

The Trauma Resource Centre, working as part of the Regional Trauma Network, aims to:

- Provide trauma-focused therapy for adults who have experienced Troubles Related Trauma and present with PTSD / CPTSD living in Belfast
- Provide consultation to Belfast Trust Staff and VSS partners involved in the care and treatment of adults with trauma (PTSD / CPTSD) in Belfast

Intervention Options open to people accessing the service include:

- Group Stabilisation Programme - TIME (Teach, Inform, Manage, Engage) Workshop
- OT, Physio and Outreach Interventions are available where appropriate at any point following placement on therapy Waiting list up until discharge from the service.
- Individual Therapy Options available within Trauma Resource Centre include:
 - Trauma Focused CBT
 - EMDR
 - Trauma Focused Counselling
 - Compassion Focused Therapy (CFT)
 - Narrative Exposure Therapy (NET)

How can this be accessed?

The Trauma Team is open to referrals from GPs, Belfast Trust Teams and our VSS partners. We also accept inter-trust referrals for individuals moving into the Belfast Trust area.

Who can access this and what is the criteria that needs to be met?

The Trauma Resource Centre is a service to assess and treat severe, complex and enduring psychological trauma as a result of NI Troubles Conflict in adults living in Belfast.

We consider referrals for individuals aged 18 or over, living in Belfast who have experienced significant Troubles Related Trauma and feel trauma is something that causes them significant distress or interferes with their relationships or daily living.

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Given that we are a trauma service, individuals referred to our service should be exhibiting

- Trauma symptoms

- Re-experiencing traumatic event(s) e.g. vivid intrusive memories, flashbacks or nightmares, typically accompanied by strong/overwhelming emotions, particularly fear or horror and strong physical sensations
- Avoidance of thoughts and memories of event(s), or avoidance of activities, situations or people reminiscent of event(s)
- Persistent perceptions of heightened current threat e.g. hypervigilance or enhanced startle response

- Symptoms that have persisted for at least one month (individuals accessing our specialist trauma service would typically be experiencing chronic difficulties, if trauma was more recent consideration should be given as to whether other services can meet the individual's needs based on stepped care approach).

- Symptoms which cause significant impairment in personal, family, social, educational, occupational or other areas of functioning

Individuals may also exhibit:

- Problems in affect regulation
- Problems with self-concept e.g. beliefs in oneself or world as diminished, defeated, worthless accompanied by feelings of guilt, shame or failure
- Difficulties in sustaining relationships and in feeling close to others

Our service is for individuals where:

- Trauma is the main presenting problem
- Individuals are open and able to think about the trauma (trauma-focused therapy may overwhelm or destabilise individuals and may not be in the person's best interests)
- Individuals must be sufficiently safe and stable to engage in trauma-focused therapy (consideration should be given to for example social issues, severe physical health difficulties, or significant substance use difficulties). Individuals with repeated crises or self-harm and extreme difficulties with emotion regulation may not be appropriate for engaging in trauma-focused therapy.

Where ambiguity exists in relation to whether an individual meets the criteria for accessing our service, or where other circumstances should be considered our Trauma Service is open to holding consultations with referring professionals in order to discuss further.