



## Psychoeducation Workshops at The Maggie Oliver Foundation

Our psychoeducation workshops are trauma-informed group sessions designed to help survivors build understanding, insight, and practical tools in relation to trauma and its impacts. These workshops are educational rather than therapeutic and are delivered by trained, experienced facilitators from The Maggie Oliver Foundation (TMOF).

They provide a supportive, structured space to learn, reflect, and feel less alone, while maintaining clear emotional boundaries and a strong focus on safety, choice, and empowerment.

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### What Are Psychoeducation Workshops?

Psychoeducation workshops are short, structured group courses that focus on understanding trauma, how it can affect the mind and body, and ways to manage symptoms day-to-day.

These sessions:

- Increase understanding of trauma and its effects
- Help normalise common trauma responses
- Introduce grounding, coping, and regulation strategies
- Support confidence, self-awareness, and emotional safety
- Reduce isolation by learning alongside others with shared experiences

These workshops are **not therapy groups** and do not involve sharing detailed personal trauma. Participants are always encouraged to share only what feels safe and appropriate for them.

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### Workshop Structure & Sessions Available

The psychoeducation programme runs as a **four-session course**, with each session building on the last. Sessions typically include guided information, reflection exercises, and practical tools participants can use outside the group.

#### Session Overview

##### Session 1 – Introductions, Safety & Boundaries



Setting group expectations, emotional safety, boundaries, and understanding the purpose of psychoeducation.

### **Session 2 – Understanding Trauma & PTSD**

Exploring what trauma is, how it affects the brain and body, and common trauma responses.

### **Session 3 – Understanding Complex Trauma (C-PTSD)**

Looking at the impact of prolonged trauma, attachment, and how experiences may show up in daily life.

### **Session 4 – Emotions, Regulation & Coping Strategies**

Understanding emotions, nervous system regulation, and introducing practical coping strategies and support options.

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## **When & How the Groups Run**

- Workshops run throughout the year in cycles
- Groups are delivered online via Zoom
- Sessions are offered in both **daytime and evening** options, subject to availability
- Each group runs for four consecutive sessions

Participants receive joining details and information ahead of the group start date, alongside a psychoeducation work pack and helpful resources.

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## **Who Are the Workshops For?**

Psychoeducation workshops are designed for adult survivors who are seeking to better understand trauma and feel ready to engage in a structured group learning environment.

They may be particularly helpful if you:

- Want to understand trauma responses and symptoms
  - Are looking for practical tools rather than therapy
  - Feel ready to learn alongside others in a group setting
  - Have previously accessed emotional support and want a next step
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## Criteria to Be Met

To ensure safety and suitability for all participants, the following criteria apply:

- You must have **previously accessed at least one cycle of emotional support** with TMOF
- You must be able to engage in a group setting (online)
- You must complete an **initial screening and wellbeing check** before joining
- You should feel emotionally stable enough to engage with educational content about trauma

Please note that spaces are limited and all places are offered following screening to ensure the group is the right fit at this time.

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## Screening & Joining the Waiting List

All participants complete a short screening process before joining a group. This helps us:

- Ensure the workshop is suitable for you
- Support emotional safety
- Identify any additional support needs

To be added to the psychoeducation workshop waiting list, you can contact the TMOF team and a member of staff will be in touch to discuss next steps.

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## A Trauma-Informed Approach

At TMOF, all group work is delivered through a trauma-informed lens. This means:

- Choice and consent are central
- Emotional safety is prioritised
- There is no pressure to share personal experiences
- Participants are respected as experts in their own lives

Our aim is to support understanding, confidence, and empowerment at every stage.

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If you would like to learn more about our psychoeducation workshops or explore whether they are right for you, please contact Sadie Yarwood at The Maggie Oliver Foundation – [groupsupport@themaggieoliverfoundation.com](mailto:groupsupport@themaggieoliverfoundation.com) for further information.

