

Resilience and trauma and criminal justice system
Cardiff, 24 July 13 00 – 17 00 hrs

By invitation only, free to third sector organisations providing services to people affected by the criminal justice system

“I know that I need to deal with it to heal,” says a woman we’ll call Ramona. “But sometimes I just have to take a step away from it too. I have experienced very painful flashbacks. The memories get so vivid; I literally, physically feel the pain again.”

Many people working in third sector organisations think of trauma as something that will affect others. Prisoners, survivors of domestic violence, asylum seekers, addicts all display signs of post traumatic stress disorder. The increase in direct exposure to violence or through the coverage of 24/7 events across the world by the media and the impact of stories by traumatised people are resulting in traumatic situations. These are already having significant social, economic and infrastructural impacts on many of our communities.

This simple 4 hours training will introduce you to the concept of secondary trauma or compassion fatigue and provide you with a tool kit to overcome mixed emotions. We explore incorporating resilience into your core day. It is led by Flo Krause and Farah Damji.

Flo Krause a leading human rights barrister is on the frontline of changes in the criminal justice system. She represented prisoner John Hirst , *Hirst v UK* in which the actions of the UK government in denying the vote to serving prisoners were deemed to be illegal. Flo deals with parole boards and is in prisons almost on a daily basis and practices relational security.

Farah Damji is a former offender whose life was shattered as a result of early life trauma and whose self destructiveness, mental illness, depression and substance dependency precluded living an authentic life. This came to a halt in 2005 when she was sent to prison. She set up a company in 2010, Kazuri which works with former offenders and other traumatised women to house them and provide safe pathways to employment and resilience training.

The topic of resilience, it seems, provides a solid platform for identification and for the education of the public on what constitutes good psychological health. As a result, individuals can put together their own strategies for building resilience, depending upon their individual strengths, styles and cultural differences. Resilience can even apply to organisations faced with significant pressures and challenges. After all, turning adversity into opportunity--a potential by product of resilience--is critical for organizations to thrive. Without question, building resilience is currently an important strategy as we deal with significant budget pressures and staffing shortages . But if we can draw on our strengths and build our resilience, we will most certainly "bounce back" from present difficulties.

For more information please contact Farah on 07512 320 700. Places are limited and if you would like to attend please email info@kazuri.org.uk Non third sector organisations £110