

## BOOKING FORM

Yes! I would like a place/places on your next workshop   
**HEALING ABUSE Interactive Workshop at**  
The Pierian Centre, 27 Portland Sq, St. Paul's, Bristol BS2 8SA  
**Tuesday, September 23rd 2008 • cost £95**

I can't come to the next workshop, but please keep me informed of future events

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

POST CODE \_\_\_\_\_

TEL: \_\_\_\_\_

EMAIL \_\_\_\_\_

I enclose a £25 deposit non refundable, full remaining fee (£70) payable two weeks prior to workshop

I require/don't require lunch \_\_\_\_\_  
Do you have any special dietary requirements?

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

A high protien vegetarian lunch will be served.  
Once we receive your booking form, we will send you a confirmation slip and all details.

*The Rainbow Programme,  
responding to abuse in a holistic way*



healing is always possible

1 Merrywood Close  
Southville  
Bristol  
BS3 1EA  
T: 0117-963 6147  
E: info@therainbowprogramme.org.uk  
Charity No. 1079125  
Limited company Number 6130368

## THE RAINBOW PROGRAMME TRAINING

### HEALING ABUSE Interactive Workshop designed to support



healing is always possible

#### Training for health and social professionals and other active in the field

“occasionally disclosures regarding early childhood abuse surface in the course of a medical consultation. Knowing of such a centre of excellence as The Rainbow Programme eases my load as a doctor and increases my professional confidence that I am able more fully to meet the referral needs of my patients.” **Dr James A. Dyson**

“ the shifts and changes within me have been remarkable and have changed my life path forever”  
**Past client**

“I have learned a huge amount from working with Rainbow Programme clients and I hope the programme continues to strengthen and set a precedent for similar schemes nationwide”

**Abi Foss, Hypnotherapist**



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## enabling positive change

The Rainbow Programme is a charity that responds to the reality of abuse in a holistic way

We have been running the Rainbow Programme for 7 years and in that time we have witnessed many positive changes in many lives and seen some cases of transformation, with wonderful results

### for Clients

"9 months enabled a complete rebirth of me. The programme made me take part in my own healing journey and gave me the opportunity to be in charge of my own route"

"A huge thank you for the opportunities to grow"

"The whole programme has been a fantastic experience. Of course, the journey continues, but I feel now that I'm in a better place than I could of imagined 9 months ago"

### for therapists and health professionals

"It was a delight to see how everyone flourished and thrived, bursting into their full colours. You really are creating rainbows. Thank you" *Sarassi Rogers, psychotherapist*

"The Rainbow Programme is my favourite work because it makes my heart sing" *Lindy Gibbon, co-facilitator, Rainbow Programme group*

"I was recently in a situation where The Rainbow Programme was able to provide me with some much needed advice. In this case, following a helpful conversation with the co-ordinator, an appropriately qualified professional therapist who was used to working with Rainbow Programme clients was recommended to me; what is more, this person was actually practising within a reasonable travel distance from my patient!... I would like to express my gratitude to The Rainbow Programme for helping to address this need within society generally." *Dr James A. Dyson*

The Rainbow Programme is there for people who have been through abuse. Our approach is deliberately positive – we see strength in every client. We understand that clients need access to therapy, so we offer, for 9 months, individually negotiated subsidy levels to our team of professionally qualified therapists, plus access to Rainbow Programme group work. We help clients break out of isolation, move on and create the life they truly want.

## THE RAINBOW PROGRAMME TRAINING Healing Abuse

The Rainbow Programme is now offering training, in order to demystify the whole issue of abuse and to offer a positive approach while sharing some of the successful factors of our work. The central idea of the training is that it will complement your work  
By doing this training you will gain -

- A fuller understanding of the whole issue of abuse and its consequences
- the ability to respond appropriately to clients e.g. one who is disclosing abuse and often experiencing 'flashbacks'
- learning how to handle your own feelings about disclosures that may seem incredible
- increased confidence in dealing with your clients feelings about their past experience of abuse
- the ability to feel more relaxed and comfortable with working in a way that values and is open to including the more emotional, creative, intuitive sides of your mind
- learn how to help clients trust their inner knowing, their intuition
- knowledge about the stages of the normal, natural healing process and how you can best support a client through their own healing process
- understanding why Compassionate Witnessing is so powerful and necessary for healing to happen
- knowledge of the seven steps to healing

In order to help support people who's work takes them into meeting the consequences of abuse, we are offering this one day workshop for those people who are working with clients who's lives have been touched by abuse.

Rainbow Programme 'Healing Abuse' training can be either tailor-made (to meet the needs of your organisation) or a standard day's training, with an optional follow-up after 2 months

We have two tiers for pricing this training:

- for individuals, the voluntary and community sector:  
£95 for each participant £900 for 10 participants
- for the statutory sector:  
£150 for each participant; a group of 10, £1,500

### About the trainers -

**Sami Chugg** co-founded the programme in 1998 and has worked as its co-ordinator ever since. In 2006 she authored her first book, *Loving Your Body*, the sales of which now raise funds for The Rainbow Programme.

She has a certificate in counselling skills and runs 'Let your Light Shine', the Rainbow Programme's provision of workshops and regular self-help support groups for ex-Rainbow Programme clients.

**Derek Close** is an experienced facilitator and trainer. Over the past 25 years he has worked with a wide range of groups and individuals, focussing on communication, relationships and team development.

A key theme for Derek is working with the individual and group needs, and respecting the choices people make about themselves and their lives.

**The Rainbow Programme,  
bringing light to  
the whole issue of  
abuse**

