

# Trauma Recovery UK



## Trauma Recovery UK

We are Trauma Recovery UK with Trauma Recovery Centres across the UK.

We are specialists in Trauma Recovery, helping families recover from complex trauma. We support them as they piece their lives back together until a wholeness can be found.

## Who TRC are

Each Trauma Recovery Centre team consists of highly trained and specialist psychotherapists, art therapists, play therapists, music therapists and parent support workers. We take referrals for young people aged 3-24 years old.

## What we do

We are trauma recovery focused rather than just trauma informed, because we believe that recovery from trauma is possible.

We partner with the BdT Trauma Recovery Focused Model.

## Where we work

We currently have trauma recovery centres in Bath, Guernsey and Oxford, with new centres in Glasgow launching soon.

At TRC Bath, we currently work with families from Bath, Wiltshire, South Glous, Bristol, North Somerset and Devon, with referrals coming from further afield.



## Specialist Provisions

1. We work with children and young people offering 1 to 1 psychotherapy along with therapeutic parenting support groups for the parents and carers.

2. We also have therapeutic spaces for primary and secondary school age children, run by Trauma Recovery workers. These groups are for children and young people post therapy, waiting for their therapy to start or as a response to critical incidents. These groups are also accompanied by therapeutic parenting support groups.

## Therapeutic spaces currently running at TRC Bath

### Youth Media Bath

Therapeutic creative space aimed at secondary school children and young people.

### Therapeutic Activity Group (TAG)

A creative and play focused therapeutic space aimed at primary age children.