



University of
Central Lancashire
UCLan Cyprus



British
High Commission
Nicosia

Facilitator:



Knowledge partner:



CONTINUING PROFESSIONAL DEVELOPMENT ONLINE TRAINING

Becoming Trauma Informed Professionals

This online training is part of a series of free Continuing Professional Development (CPD) online and in person trainings organised by the School of Law of the Cyprus Campus of the University of Central Lancashire (UCLan Cyprus) in the framework of the '**Smuggling and Human Trafficking across the Green Line**' project supported by the British High Commission in Nicosia.

Date Monday 10 January 2022 | **Time** 09:30-11:00 Cyprus time

Venue Online via Microsoft Teams (*Details will follow after registration*)

The general aims of the series

The project's overall objective is to examine, detect, and understand the criminal activities of smuggling and trafficking goods and persons across the UN-controlled buffer zone, also known as "Green Line". The idea is to enhance the sustainability of the island in an intercommunal, national and international setting by increasing awareness as to how lives and interests at stake are endangered by various illegal activities, particularly smuggling of illicit goods, smuggling of persons and human trafficking. An ancillary objective is to enhance the ethical literacy, performance effectiveness of those in NGOs, law enforcement, legal and justice sectors who engage in the prevention, detection, investigation and prosecution of criminal activities across the Green Line. It is thus a capacity building project that aims at educating and spreading awareness to a variety of individuals ranging from students to frontline workers, experts, young people and the general public through a two-way transfer of knowledge (facilitated by ICLAIM).

The team's aim is (i) to expand the knowledge and the applicability of the law combating smuggling and trafficking of goods and persons; (ii) to promote awareness and provide training to frontline workers, law and order professionals, NGOs, students, the general public and other stakeholders. In doing so, we aspire to create a pool of confident practitioners and/or researchers that can recommend, apply and inform their communities about the dangers and the extent of perceived/reported criminality. We also aspire to promote awareness through specialised trainings, focus groups and other activities. Support will be sought from EU institutions and international organisations locally present including UNDP and UNFICYP, Embassies, the SBA Administration, the relevant services of the Republic of Cyprus, and NGOs on the ground across the divide facilitated by Step Up Stop Slavery.

The specific aims of the online training

This Training rests on two inter-twined premises. One to examine, detect and understand criminal

activities across the Green Line culminating in the trafficking of smuggling and human beings. The second is that, in common with other states, the Republic of Cyprus requires a profound change in culture so that much greater emphasis is placed on both the capacity building and the promotion of awareness of smuggling and human trafficking as a modern phenomenon of modern slavery with grave socio-legal implications for society as a whole but also for victims.

Against this backdrop, the Online Training will address a number of learning objectives around providing participants with tools and knowledge on how to assist clients with trauma and to understand how trauma impacts the healing process. Research shows that knowledge of Trauma Informed Care is key to helping clients move through barriers of healing. There will be a workbook accompanying the workshop, which is designed to encourage self-awareness and self-reflection.

In achieving the above objectives, the Training will cover the following topics:

- A New Understanding of Trauma
- Different Types of Trauma
- Signs, Symptoms and Behaviours of Complex PTSD
- Our Threat Response System
- How Trauma affects the Brain and Body
- Polyvagal Theory and Co-Regulation
- Window of Tolerance
- Key Principles of Trauma Informed Care
- How to Foster Sensitive Communication with Survivors

PROGRAMME

09:30-09:45 Registrations and Presentation of Step Up Stop Slavery

09:45-10:30 Presentation by the Keynote Speaker

Xenia Papandreou is a Licensed Counselling Psychologist in private practice with adults and adolescents, and is also a team member of the non-profit organisation Step Up Stop Slavery.

Xenia's role in the NGO is to provide psychotherapy to survivors, develop a Trauma-Responsive Code of Conduct for professionals who come into contact with survivors, and contribute towards the development of an educational programme for teachers and students.

Xenia completed her BSc in Psychology at City University in London, and her MSc in Counselling Psychology at the University of Nicosia in Cyprus. Post qualification she has undertaken certification as a Clinical Trauma Professional (CCTP-II) and has attended courses on Internal Family Systems Therapy, Polyvagal Informed Treatment, Suicide Prevention, Existential Therapy, Creative Arts Therapy and Bereavement Counselling. She is a registered member of the Cyprus Association of Psychologists (CYPISA) and a graduate member of the British Psychological Society (BPS).

10:30-11:00 Q&A session

Target Audience

This CPD Training is free and open to the general public, subject to prior registration. However, it is primarily aimed at civil servants, judges, other public servants, members of the legal profession, trainee lawyers, law students and journalists in the Republic of Cyprus, the UK and other parts of the Commonwealth, the Council of Europe and the wider world. The Training may also be of interest to others,

including police officers, other law enforcement personnel and students from disciplines other than law, such as business studies and political science. The Training will be pitched at an intermediate level.

Language English

Organiser School of Law, UCLan Cyprus, 12-14 University Avenue, Pyla, Larnaka District 7080 (www.uclancyprus.ac.cy/)

Registration Admission is free, but registration is essential. To register to attend the Training, please [click here](#) and return the consent form to lawacademy@uclancyprus.ac.cy (Telephone: +357 24694097). The running of the Training is subject to a satisfactory number of participants booking their place as soon as reasonably possible. Accordingly, participants who wish to attend are kindly requested to book their places promptly and, in any event, not later than 24 hours before the scheduled start time.

Notice Each Training in this CPD Series will be recorded and disseminated publicly subject to the Policies of UCLan Cyprus, including its Privacy and GDPR Policy (<https://www.uclancyprus.ac.cy/data-protection-policy/>). Consent from participants will be sought. Recordings and any related materials will be published on the project's website (under construction). In each Training, each speaker and other participant will take part for educational purposes in an educational setting. Accordingly, what each participant will provide verbally, electronically or otherwise must not be accepted or interpreted as either legal advice or any other form of advice.