

Introduction to the Project

The Trauma Project was set up to help individuals to cope with their experiences of the Troubles and understand how the conflict has impacted on the lives of the people in North and West Belfast.

Who can access the Project?

- Anyone over the age of 11 years affected directly or indirectly by the Troubles
- People in North and West Belfast from any community
- Individuals or families are welcome

How can we help?

In counselling you will have

- The opportunity to talk on a one to one basis with a professionally trained counsellor in regular sessions about the difficulties in your life
- A safe and confidential environment providing opportunities to explore issues preventing you from achieving your personal potential
- An atmosphere of respect and acceptance where you can openly tell your story, even if it's for the first time
- A warm and responsive service enabling you to identify choices and new ways of moving forward

In Family Therapy, your family can come together in a confidential and safe place

- To talk and understand one another better
- Draw on your strengths and commitment and
- Find different ways of coping with the difficulties you've experienced because of the Troubles

Group based therapy sessions offer

- A variety of ways to increase your self-awareness and confidence, helping you to cope with life after the Troubles
- Opportunities to find a common understanding of how the Troubles have impacted on others
- A chance for individuals from both sides of the community to come together and address difficult issues surrounding the legacy of the conflict and sectarianism
- Increased links between groups and individuals across the divide

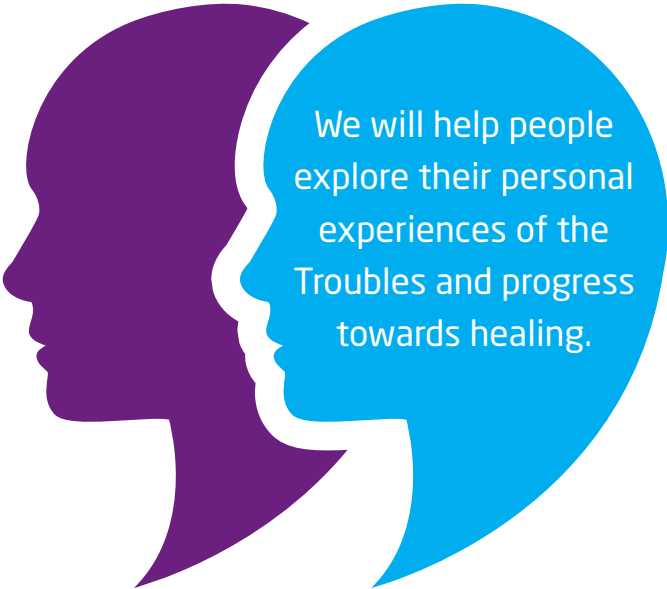
Topics, issues and methods for working will be discussed with and decided on by the group but could include identity, self esteem, dealing with anxiety/depression and bereavement.



What is the benefit of the Trauma Project?

We believe that one to one counselling and group based therapy sessions, within and between communities, will help people explore their personal experiences of the Troubles and progress towards healing. Addressing difficult issues related to the Troubles will help identify attitudes rooted in conflict. Exploring these attitudes will provide a basis for increased understanding and interaction between communities.

Trauma can be passed from generation to generation. We provide a safe and confidential environment for young people and adults to address the trauma of the Troubles, reducing its negative impact on future generations.



We will help people explore their personal experiences of the Troubles and progress towards healing.

Contact Details

For further information or to make a referral, please contact:

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Trauma

Counselling Project

Helping individuals to cope
with their experiences
of the Troubles.