

# TRAUMA RESILIENCE: PRESENTATION

MARTIN WEAVER AND  
FELICITY BIGGART



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Learning Together Online

## Resource Guide

# About Martin Weaver

**UKCP Reg NLP, INLPTA, MBACP**

**Martin** provided psychological support, supervision, and training to the staff and counsellors at the 7th July Assistance Centre. The centre provided psychotherapy, guidance, and support to people who were affected by the London bombings in 2005, later taking on 16 further terrorist incidents and disasters. Building on his established training experience, Martin created and delivered a series of workshops for the counsellors and support staff.

From October 2010 to March 2011, Martin supervised the small team providing psychosocial support to the families and witnesses throughout the Coroner's Inquests into the London Bombings. He now provides training, consultancy, and supervision to Brent Bereavement Services & Bereavement Services for Hounslow. Further, he delivers courses for student psychotherapists to facilitate their UKCP accreditation. In the early 1980s, Martin was a volunteer with the Terrence Higgins Trust. Taking the first call on the helpline, he was instrumental in setting the foundations for the first response to the AIDS crisis. He developed support, advice, and counselling services for those people who were affected and traumatised at the beginning of the crisis.



**Martin Weaver**



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During an 11 year career in the NHS, Martin piloted the Primary Health Care Team training development programme in the South West Thames region, as well as developed and implemented a Health Promotion Officer's training programme. He has worked at senior manager level at Regional and District level, and has been responsible for commissioning new services and leading on the development of drug and alcohol, and sexual health services. Between 2002 and 2004, Martin was the Vice Chair, then Chair, of the professional organisation that seeks to maintain standards and develop the skills of Neuro Linguistic Psychotherapists and Counsellors, the Neuro Linguistic Psychotherapy and Counselling Association, (NLPtCA - [www.nlptca.com](http://www.nlptca.com)). He is a recent member of the Training, Education & Practice Committee of the United Kingdom Council for Psychotherapy.

Martin works as a UKCP registered Constructivist Psychotherapist, Supervisor, and trainer, using Neuro Linguistic Psychotherapy, (NLPt). He is qualified to Master Practitioner standard in NLP and is an INLPTA certified NLP trainer. He gained a Postgraduate Certificate in the supervision of counsellors from the University of Birmingham and is a member of the British Association for Counsellors and Psychotherapists (MBACP).



# About Felicity Biggart

## **MBPsS, MBACP**

Felicity provided trauma and bereavement counselling for the 7th July Assistance Centre, working primarily with those involved with the London bombings in 2005 and with those affected by terrorist incidents from around the world. She provided counselling to both the bereaved and survivors of the Bali bombings 2002, the Indian Ocean Tsunami 2004, the Sharm el-Sheikh bombings of 2005, and the Dahab bombings 2006. She provided one to one counselling, training, and group support for the bereaved and survivors. From October 2010 to March 2011, Felicity was part of a small team providing psychosocial support to the families and witnesses throughout the Coroner's Inquests into the London Bombings.

In 2003, Felicity joined Brent and Hounslow Bereavement Services. Her work for Hounslow Bereavement Services is ongoing and includes looking at new and innovative ways to expand the charity's field of enterprise as well as providing one to one counselling. Current counselling commitments include private practice with vulnerable clients, and students pursuing a career in counselling.



**Felicity Biggart**

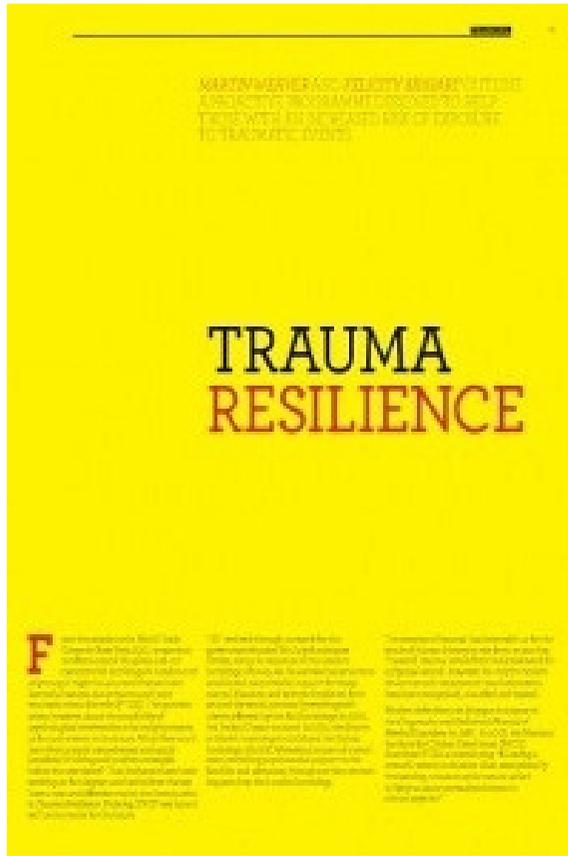


She has participated in several international forums related to terrorist incidents. In March 2009, she took part in the DCMS "Lessons learned by the 7th July Assistance Centre." In July 2010, she participated and addressed the International conference held in London by the charity "Survivors of Terrorism" into "Protocols in Emergencies," and in June 2011, she represented "Survivors of Terrorism" at a conference in Madrid held by the "Network of Associations of Victims of Terrorism" (NAVVT).

Felicity is a member of the British Psychological Society, the British Association for Counsellors and Psychotherapists (MBACP). She holds a BA (Hons) Psychology from Warwick University and a Diploma in Integrative Counselling. Anne has worked as a counsellor for over 20 years in independent practice and within the drug and alcohol field. She has trained counsellors to certificate, diploma, and masters level, and works nationwide with companies to provide counselling support and interpersonal training.



# Event Details



The British Association for Counselling and Psychotherapy has published an article by Felicity Biggart & Martin Weaver (BACP Healthcare Counselling and Psychotherapy, April 2012, 12(2), 19-23) about the origins and research behind Trauma Resilience Training and a detailed account of the actual training process.

You can read the article by [clicking here](#).

Martin and Felicity spent 30 minutes talking about their theory and practice with PowerPoint slides and then a further 30 minutes for questions from the audience.

They offer the course "Trauma Resilience Training" which is designed to help individuals and organisations that have an increased risk of exposure to traumatic events. A central component of the course is to enable positive adaptation in the event of a critical incident and aid a swift return to normal functioning levels, both at home and at work.



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