

# ORGANISATIONAL TRAUMA: STEPS TOWARD RECOVERY

- ELISE MARSHALL &  
NORMA MCKINNON FATHI



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## Resource Guide



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# About Elise Marshall

Elise Marshall and Norma McKinnon Fathi are co-founders and directors of the social enterprise, Mandala Consultants. Our mission is working collaboratively to nurture resilience and wellbeing within individuals, communities, and organisations; & to support social change. We engage a model of working that merges community development approaches with psychological and physical therapies to develop and deliver trauma informed services, training, and organisational support in the areas of transcultural working, wellbeing and resilience, trauma, vicarious trauma, and social change.



## **About Elise Marshall:**

I'm a person-centred counsellor, trainer, and supervisor Reg. MBACP (Accred). My background includes studying Russian to degree level; teaching English as a foreign language to children in Russia and Hong Kong; working in homelessness, addictions, mental health, bereavement, and violence against women in the UK. I have qualifications in yoga teaching and massage therapy.



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# About Elise Marshall

I qualified as a counselor over 13 years ago and worked for over 10 years as a therapist, trainer, and supervisor with survivors of torture, many of whom are living in exile in the UK.

I work in private practice offering counseling and supervision from a Glasgow city centre location. I also currently work a few hours a week for a small charity providing long-term 1-to-1 therapy to male survivors of childhood sexual abuse.

I would describe my way of working as broadly creative and intuitive while based within a human rights framework, founded on person-centered principles, incorporating systemic thinking and underpinned by mindfulness.

My particular areas of interest are vicarious traumatization, mind-body connection, and nature connection; and I am currently prioritizing time for reflection and writing on VT.



# About Norma McKinnon Fathi

I'm a UKCP Registered Counsellor and Psychotherapist, and a qualified Community Worker. I have 20 years' experience working with vulnerable people who have experienced trauma including survivors of childhood sexual abuse, childhood neglect, violence, conflict, and torture. I'm also an experienced manager, trainer, facilitator, and community engagement practitioner. For 11 years, my clinical work was with survivors of torture and I previously managed psychological services at a national charity. I work in private practice as a psychotherapist and supervisor, and am co-founder and Director at Mandala Consultants.



# Event Details

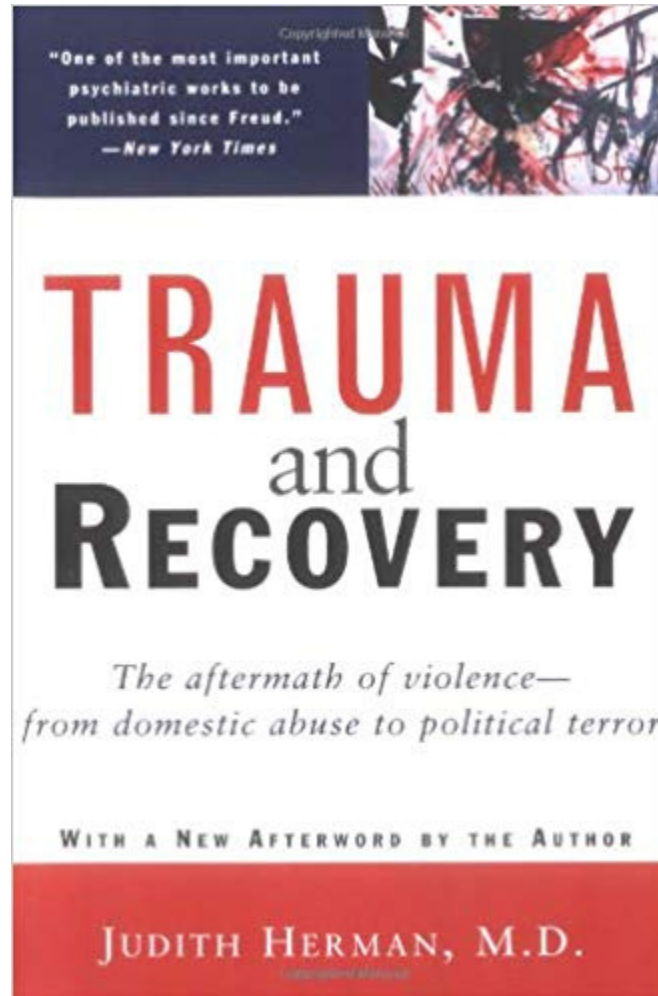
We will explore what we can do as supervisees to ensure that we get the best value we can, for ourselves and our clients, from our supervision. This involves being active co-creators, not passive recipients.

Using the five stages of the Cyclical Model as a loose framework, we will consider the contract between ourselves and our supervisor, how we decide what to focus upon in each session, our part in developing a truly open reflective space, forming the bridge from supervision back to our client work, and ways of keeping our supervision under review.



# Suggested Reading

Click the image for more info



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