

# Red Poppy in the Workplace

Red Poppy prides itself on it's hands on personal approach to working with your organisation. We are highly flexible and are able to tailor our services to your organisations needs.

**Red Poppy has a reputation for being:-**

-  Rooted in practice
-  Getting results
-  No jargon, No psychobabble
-  Fit for purpose
-  Cost effective
-  Quick
-  Innovative Approach

**Red Poppy Services include:-**

-  Training
-  Workplace Counselling
-  Nationwide Service
-  Critical Incident Response following a workplace accident/incident
-  Expert Witness
-  Workplace Mediation

 “3 sessions with Red Poppy achieved more for me than two and half years of psychotherapy”  
Employee of a large retail organisation.”

 “I went from not being able to function to functioning. The Rewind Treatment works like Magic. It took the fear and anxiety away.” Client who had experienced a very frightening and traumatic incident.

 “A very well structured course taking a fresh look at an old problem”. Stress training for managers delegate.

*the Red Poppy Company*

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MANAGING  
*Trauma & Stress*  
in the Workplace



HEALTH & WELL BEING  
SERVICES

Tel 0845 2011334

# Trauma Diagnosis and Symptoms

Doctors and caring professionals as well as work colleagues family and friends can often miss the effects of trauma. "Psychological trauma and Post Traumatic Stress (PTSD) are often misdiagnosed as depression, anxiety or even ME" (Dr. David Bennett UK Trauma Centre)

## Trauma symptoms can include:-

- Feeling unable to cope even suicidal
- Feeling fearful, anxious stressed
- Not wanting to get out
- Flashbacks, hallucinations and nightmares
- Time off work
- Phobias and Panic Attacks
- Loss of concentration
- Mood Swings, shock and numbness
- Aggression and irritability
- Increased alcohol, smoking, drug use

These symptoms can have tremendous personal and social costs.

## Traumatic events include:-

- Physical and verbal assaults
- Sexual abuse
- Rape
- Violence.
- Fire, plane or car crashes, terrorism, war experience
- Domestic violence
- Workplace and domestic bullying
- Accidents, heart attack, serious illness
- Any life threatening experiences

# Rewind Treatment

Rewind breaks new ground in the treatment of trauma and phobias, it is proven natural, safe and effective treatment, which is non-drugs based.

- Rewind treats ANY traumatic memory.
- Rewind effectively treats phobias.
- Rewind is suitable for children.
- Rewind is not counselling.
- The Rewind Treatment is consistently effective, almost immediately regardless of how long ago the trauma happened, or how severe it was.
- In a safe and relaxed state, the client reprocesses the traumatic memory so that recalling it no longer triggers alarming symptoms.
- Rewind can be offered, if necessary, in your home.

# Workplace Counselling

## RED POPPY COMPANY MIPHE & ETSI

Red Poppy staff are trained in the most up to date effective counselling approaches currently available. Our nationwide network are qualified in the field of counselling, Critical Incident, psychological trauma and phobias.

We deal quickly and effectively with all common mental health and work related difficulties including the following:-

- Depression
- Stress & Anxiety
- Panic Attacks
- Relationship problems
- Addiction
- Bereavement
- Suicide
- Self Harm
- Poor Sleep
- Confidence & Self Esteem
- PTSD
- Work Related Stress
- Bullying
- Disciplinary
- Rehabilitation back to work
- Eating Disorders
- Miscarriage/Stillbirth