

PODS TRAINING DAY

TRAUMA AND THE BODY: SOMATISATION & DISSOCIATION

Trauma doesn't just affect the mind and the emotions – it profoundly affects the brain and the body too. Often the “the body remembers” what the mind cannot.

- What is the interplay between the mind and the body and how does it impact on a trauma survivor's recovery?
- Why do so many people with DID or Complex PTSD have ongoing physical issues such as rheumatoid arthritis, ME/chronic fatigue syndrome, fibromyalgia and medically unexplained pain? What can be done about it?
- Why do people with a history of repeated sexual abuse have a 62% higher risk of heart disease as adults?
- Why is childhood physical abuse associated with a 49% increased risk of cancer in childhood?
- What are 'body memories' and how can they be resolved? How do you work with trauma survivors who can't recall much if any of their trauma?
- What can be done about chronic pain and insomnia?
- How can a trauma survivor become 'unstuck' from their trauma worldview and chronic disempowerment?
- What hope is there for recovery from both complex trauma disorders and their physical correlates?

Come along to be informed, inspired and equipped!



POSITIVE OUTCOMES FOR DISSOCIATIVE SURVIVORS
WWW.PODS-ONLINE.ORG.UK

making recovery from dissociative disorders a reality through training, informing and supporting

WHO ARE WE?

PODS is a leading provider of CPD training on trauma, dissociation, sexual abuse and attachment. PODS is run by registered charity no 1143737 START (Survivors Trauma and Abuse Recovery Trust). The main speaker is Carolyn Spring, author of *Recovery is my Best Revenge: My Experience of Trauma, Abuse and Dissociative Identity Disorder*

VENUE

Belfast, BT41 2JH
Full details upon booking or ask for further info

DATE

Saturday 3 October 2015

FORMAT

9.30 AM—5.00 PM
Refreshments supplied
Includes buffet lunch
Extensive delegate pack including CPD certificate (6 hours) & free resources

COST

£90.00 per person
Discounts & concessions also available

WHO FOR

- counsellors
- therapists
- psychologists
- rape crisis or helpline staff
- CPNs
- healthcare staff
- survivors & partners

BOOKING

www.pods-online.org.uk/
events to book online or phone
01480 878409 to book and pay
by credit/debit card
Email info@pods-online.org.uk
for more information