

The Dublin North, North East Recovery College
in collaboration with Dublin City University invite you to attend

Understanding Trauma and its impact

Online Introductory Workshop

Explore the meaning of normal trauma responses to adverse circumstances in life and the implications of unresolved and incomplete trauma responses on our lives.

Facilitator: Liam MacGabhann

During this workshop, students will explore:

- How people normally respond to and recover from trauma in our lives.
- How interrupted abnormal trauma response can impact on individual's health and how they connect with others.
- The relationship between trauma, mental health problems and how people can resolve problems through renegotiating the trauma responses.
- Available self-help tools that can help to understand and alleviate trauma induced distress

Date: Tuesday June 16th, 3 – 5pm

Format: Two Hour Introductory Workshop

Venue: Online.

Set Up Instructions for Zoom or Phone available on application

To register your interest send an email to:

recoverycollege@dcu.ie or leave a message on [01 7007907](tel:017007907)

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