

## Spring Courses 2018

### Understanding and Renegotiating Trauma in our Lives

This two day workshop explores the meaning of normal trauma responses to adverse circumstances in life and the implications of unresolved and incomplete trauma responses on our lives.



**Facilitators:** *Liam MacGabhann & Jane Negrych*

**Learning outcomes** – on completion participants will:

- **Have** a greater understanding of how people normally respond to and recover from trauma in our lives.
- **Explore** how interrupted abnormal trauma response can impact on individual's health and how they connect with others.
- **Become** aware of the relationship between trauma, mental health problems and how people can resolve problems through renegotiating the trauma responses.
- **Develop** self-help tools to understand and alleviate trauma induced distress.

**Dates:** 23<sup>rd</sup> & 24<sup>th</sup> April 2018

**Venue:** Dundalk Institute of  
Technology, Dept. of  
Nursing, Midwifery &  
Health Studies

**To register, contact;**

**phone-** 01 7007907

**email-** [recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie)

**website-** [www.recoverycollege.ie](http://www.recoverycollege.ie)



Dublin North, North East  
**RECOVERY COLLEGE**

The Recovery College welcomes everyone with an interest in mental health wellbeing and recovery. For more information about these courses go to: [www.recoverycollege.ie/our-courses](http://www.recoverycollege.ie/our-courses)

