

Louth Area – Spring Courses 2020

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*

On this course, participants will explore:

- **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: 7th & 8th April

Time: 10am – 4pm

Venue: DKIT, Nursing Building, Dundalk,

Format: Two Full Day Workshop

To register, contact the Recovery College:

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