



Trauma & the Body

“Traumatised people chronically feel unsafe inside their bodies: The past is alive in the form of gnawing interior discomfort. Their bodies are constantly bombarded by visceral warning signs, and, in an attempt to control these processes, they often become expert at ignoring their gut feeling and in numbing awareness of what is played out inside. They learn to hide from their selves.” – Bessel A. van der Kolk.

This course will provide a greater understanding of how to recognise trauma and the physiology and psychology of trauma. Students will explore ‘Top Down’ and ‘Bottom Up’ processing and why both are necessary. Participants will be required to complete a 2,500 word assignment for course accreditation. Successful participants will receive 10 CAT Points (Level 1) through Open Learning, School of Social Sciences, Education and Social Work, Queen’s University, Belfast.

This course will run 4 consecutive Wednesdays.

Venue: WAVE Trauma Centre, Omagh,
18 Holmview Avenue, Omagh BT79 0AQ

Date: Commencing 2nd October 2019

Time: 10.00am – 4.00pm

Duration: Four-day workshop

Facilitator: Isabel Stewart

Cost: £125

You can enrol on this course by visiting <https://ecommerce.apps.qub.ac.uk/osol/catalog/index.php?cPath=101> or contact 028 9097 3323/3539 or for further information about the course please contact Trauma Education at WAVE Trauma Centre on 028 9077 9922 or email trauma.education@wavetrauma.org

Please contact the **WAVE Trauma Centre, Omagh** for any other information on:
028 8225 2522 or admin@waveomagh.org

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