

ONLINE TRAINING

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anytime,  
anywhere



# Certificate in the Psychology and Neuroscience of Trauma to Recovery

Flexible, on-demand learning through online webinars

Without the right knowledge and training, it's totally understandable to feel hopeless and deskilled when trying to support people whose painful life experiences have resulted in mental health symptoms and relationship distress. This essential training – led by top psychologists, neuroscience experts, specialist educators, and informed by over 1,000 studies – is designed for anyone working with children, teens, or adults affected by adversity. You'll learn to look past the symptoms and behaviour to the underlying fear, pain and unmet needs.

Drawing on cutting-edge neuroscience and psychology, the training explains how trauma shapes brain, body and mind. Then in terms of recovery, why managing symptoms doesn't work, whereas relational interventions create lasting changes in neuroanatomy, neurochemistry and physiology. Through vivid case studies, you'll learn how it's entirely possible to interrupt the trajectory from early or later-life adversity to long-term mental and physical ill-health, antisocial behaviour and premature death.

## How it works and start date

As this is a rolling programme, you can join at any time (subject to your application form being accepted). Once accepted, you will be given access to the modules for 12 months.

Assessment: Multiple choice with a few additional questions about your most interesting take away points, to assess your assimilation of the course content.

Please note, this is not a practitioner training.

## For enquiries contact:

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[www.trauma-informed.uk](http://www.trauma-informed.uk)

## Modules

- The Psychology of Trauma
- The Psychology of Trauma Recovery
- The Neuroscience of Trauma
- The Neuroscience of Trauma Recovery
- Holding the Beginning: Preventing and Healing Early Trauma
- Where Fear Lives: Mapping Trauma in the Body
- Intergenerational Transfer of Trauma: Prevention and Intervention
- Poverty, Homelessness and Addiction
- From Hurt to Harm, Healing the Causes of Violence
- The Muddle Between Trauma and Neurodiversity
- Trauma Informed Alternatives to Psychiatric Diagnosis
- The Role of Emotion in the Process of Change and Confidence.
- From Trauma-based Shame to Self-compassion
- Traumatized Children: Why Pace Heals
- Blocked Trust and Blocked Care and How to Melt Defences.
- Using Arts and Imagery to Help People Talk about their Lives

**Total 25 credits**

**Cost: £595 (no VAT)**

