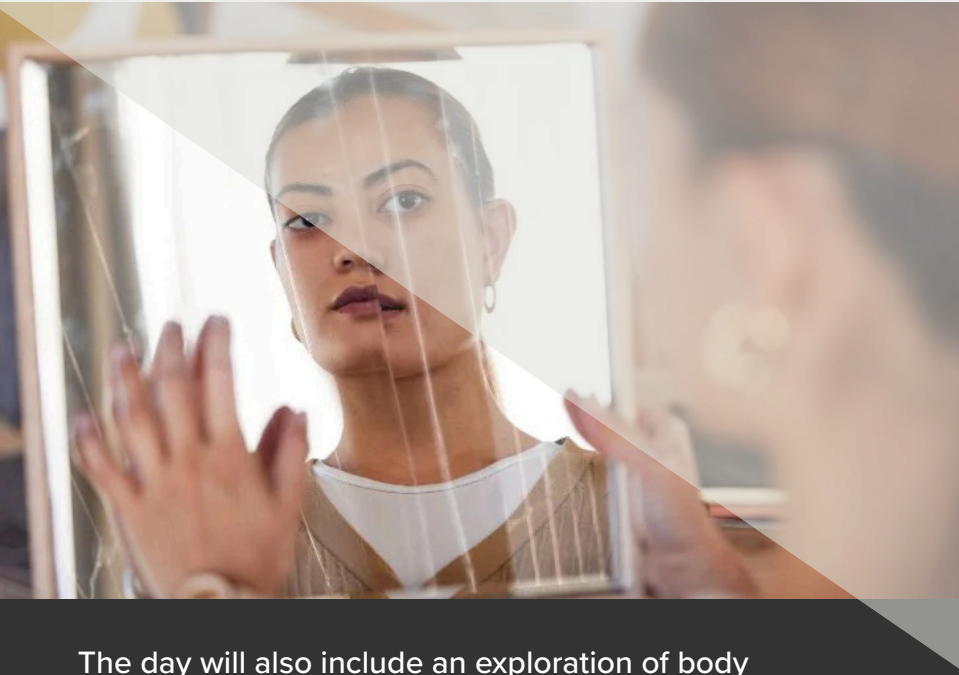


WHERE FEAR LIVES: MAPPING TRAUMA IN THE BODY

This training day offers a deep understanding of how the body communicates emotional pain—and how healing begins when we learn to truly listen.

9 JUNE 2026, 9:30–12:30

ONLINE LIVE STREAMING



The day will also include an exploration of body dysmorphia, where people become preoccupied with perceived physical flaws that others cannot see, yet which cause significant distress.

Our presenters will explore the many ways that the body expresses unprocessed painful life experiences, from medically unexplained somatic symptoms to stress-related conditions such as:

- fibromyalgia
- IBS
- migraines
- stomach pain
- skin problems

They will also discuss Functional Neurological Disorder (FND), in which very real symptoms—paralysis, non-epileptic seizures, speech difficulties, sudden vision changes—do not appear on medical tests or scans.

Finally, our expert presenter on eating disorders will discuss how an intense focus on food masks unprocessed emotional pain—and how, when these underlying issues and family dynamics are understood, true recovery becomes possible.

Dr Margot Sunderland

Neuroscience scholar and child, adolescent and adult psychotherapist with over 30 years' experience. Author of over 20 books in child mental health including *The Science of Parenting* (First Prize winner British Medical Association). Director of Education and Training, Centre for Child Mental Health. Director of Innovation and Research, Trauma Informed Schools UK.

Vicki Smith

Expert in complex trauma, eating disorders, dissociative identity disorders. Works in NHS acute mental health services, specialist complex trauma services and for HMPPS including the therapeutic prison Grendon Programme Director MA Integrative Arts Psychotherapy.

For booking and further enquiries contact: **01752 278477**
www.trauma-informed.uk | info@traumainformedschools.co.uk

£49 pp (No VAT)

