



The Chrysalis Effect

FHT Accredited
Addressing Trauma, Adverse
Childhood Experiences and
Dysregulation in Chronic
Illness

4 Module Short Course



Message from the Founder



Since 2018 we have been a Trauma Informed organisation. This has meant introducing questions for patients and clients about *Adverse Childhood Experiences into health profiles and creating webinars and commissioning courses to educate our recovery and practitioner communities on the role ACE and trauma have in the development of their health issues and most importantly their recovery.

Trauma Informed Practice has been a CPD subject and seen very much as an additional training option.

That has now changed.

I believe it has become a must for coaches to confidently and safely address ACE and trauma within the GROWTH coaching model. With wellbeing coaching now part of the NHS long term plan, opportunities are expanding so trauma informed coaching will be increasingly in demand in the ongoing COVID climate.

So I am delighted that moving forward all Chrysalis Effect coaches are Trauma Informed Wellbeing Coaches who have the practical skills to work confidently with clients or patients to address the impact of ACE and Trauma. This course, designed and written by Dr Patricia Worby PhD takes this training to a much deeper level, exploring the science and the root causes of trauma and what protocols are appropriate for different traumas.

Love and Appreciation

Elaine xx

Why do practitioners need to be trauma informed?

“No practitioner can afford to be unaware of ‘trauma-informed practice’; it is essential for 21st century healthcare.

Traumatised clients will come to your door regardless of your specialism. Because trauma is common and it shows up in unexpected ways, you need to know what it is and how it manifests.

There are a whole host of symptoms which may not be obviously related to their trauma but are nonetheless traumatically encoded as I’ll show you in this Module series. Let my experience guide you – anything that triggers helplessness in the face of unpredictability is a trigger – and it can happen without warning. This could be an environmental trigger like touch, time of year or some intervention you recommend or the illness itself, to bring forth more symptoms in the mind-body.

Trauma is not just what is medically understood as such, i.e. a physical trauma to the body such as from an accident; it has a much broader spectrum than this and you need to know the signs and symptoms so you can spot, manage and resolve them or refer on so your client can make a full recovery.”



~ Dr Patricia Worby PhD –
TCE and Trauma Recovery
Specialist, Trauma Release
Specialist and Author



~ Dr Patricia Worby PhD, BSc, MSc,
ACMT, HPD – TCE and Trauma
Recovery Specialist, Trauma Release
Specialist and Author

Member of the International College of Holistic Medicine (ICHM), General Hypnotherapy Register and an Institute of Leadership and Management accredited wellbeing coach and Chrysalis Effect (ME/CFS specialist) Practitioner.

Patricia's background in clinical research Science with University Hospital South Hampton NHS Foundation Trust, Imperial College Healthcare NHS Trust, extensive study in Hypnotherapy, Chronic pain, ACE and Trauma and her own full recovery from Chronic Fatigue, make her the perfect Trainer for this course.

- HPD qualified Clinical hypnotherapist with EMDR training
- Chrysalis Effect Recovery Specialist in M.E, CFS and Fibromyalgia
- ILM-certified wellbeing coach
- NLP, EFT, EMDR and Somatic Psychotherapy
- Speaker and presenter
- Tutor For Advanced Level Practitioner Training With The Chrysalis Effect
- Books Published: 'The Scar that Won't Heal', 'The World Within', 'Losing our Minds', 'Life Illuminated', 'Mind Medicine', 'The Dementia Diaries', 'The Highly Sensitive Handbook' and many more.

Course Content

Module 1:

Trauma and It's Somatic Effects

- Definition of trauma - PTSD and complex (relational) PTSD
- Presentation: symptoms, chronic pain (TMS), the cell danger response (CDR)
- A mind-body (systems) approach to health and healing
- Essential concepts in mind-body medicine: neuroplasticity, dys-autonomia and epigenetics
- Learning Reviews

Module 2:

The Neurobiology of Loss

- Limbic system functioning and survival
- Poor attachment, mis-attunement and neural dysregulation
- Memory consolidation: explicit vs. implicit memory
- ACE and trauma formation - persistent, pervasive and present
- The somatic components of trauma/unresolved emotion: why talk therapy isn't enough
- Learning Reviews

Module 3:

The Practice of Trauma Informed Therapy

- Childhood experience (ACE's) and the sensitised brain & gender differences
- How trauma presents in clinic - data collection/assessment
- Meaning-making and magical thinking
- Disconnect from self and the present moment
- Polyvagal theory and applications to therapy
- Working within the window of tolerance to reverse dysautonomia
- Learning Reviews

Course Content

Module 4:

Reversing the Message of Threat

- Re-enactment in relationships, client/ practitioner issues in working with trauma
- Psycho-sensory tools and techniques in recovery
- The importance of neurobiological safety
- Overcoming shame and breaking the anxiety cycle
- Building capacity with safety, acceptance and hope
- The stages of release - promoting agency and resilience in chronic exhaustive conditions
- Learning Reviews

Course Delivery:

Delivery

- X 4 Modules in webinar format
- Personalised Interactive Training Library
- Learning Review
- Masterclass Peer Q and A Session
- Chrysalis Effect Certificate of Trauma Informed Practice Completion

Support Material

- Annotated and Referenced PDF of Slides
- Learning Review Templates
- Recommended Reading List
- Colour resources to use with your clients



The Accreditation



- X 4 Pre-Recorded Sessions
- X 1 Live Q and A with Trauma Specialists
- All sessions recorded

Accrediting Body: Why the FHT?

The FHT are a renowned accrediting body who engage with government to integrate therapies into mainstream healthcare.



Assessment

- Submit Key learning template from 4 modules
- *FHT fee included
- You Receive 'Addressing Trauma, ACE and Dysregulation in Chronic Illness'

Certificate of Accreditation

What the Practitioners say....

I work for a charity helping victims of the war in Bosnia. This course was exactly what I was looking for to help understand the nature of trauma, how it affects and manifests in clients and how complementary therapies can help them.

It also helped me. I have had therapy in the past but until I did this course I did not fully understand how and why my experiences have had such an effect on my life and why I behave the way I do and why talking therapies have never really helped me. I am intending to address my own trauma before continuing to work with clients. I feel that what I have learned is priceless. Everyone should do this course.

~ P.D

'It feels like this was the missing link to understanding so much more about ourselves and other people. Also, it provides a solid, scientific base from which hope can spring with confidence. Thorough research made accessible. It feels like this was the missing link to understanding so much more about ourselves and other people. Invaluable to so many professions. Grateful to have had the opportunity to take this course, it provides a solid, scientific base from which hope can spring with confidence.



~ Harriet Bartley

In my opinion this course is a must for anyone working with clients in a therapeutic setting. Even the most gentle of therapies can cause a reaction from a client who has a history of any type of trauma. Patricia provides clear and concise information and as a result I feel more confident I will be able to support my clients if the need arises, and also more confident in my own self care. The live Q and A is so valuable, as is the interactive private group. I highly recommend this course.'

~ B.W

I can now explain to someone the biological process of their behaviours much more clearly. Hopefully this will help alleviate any shame or guilt they feeling. This course was both practical and informative. I would highly recommend to therapists as very important tool for understanding what is sadly a very common underlying cause of ill health.

~ D.F

I thought the course was excellent and very well researched and detailed. It was well presented in a professional and personable way. I would highly recommend the Trauma Informed Practice course to any practitioner. It was well researched and detailed and Patricia's presentation highlighted her huge breadth of knowledge on the subject and also her obvious compassion and empathy for her clients. I found it to be extremely informative and of great benefit to my ongoing work as a practitioner.

~ M.Y