Helping London Recover from Childhood Trauma: November Event Presents 3 Ways Adults Can Release Their Past Trauma

Friday 5 October, 2018

London, UK, October 5th, 2018: On Monday, 5th November 2018 at the Resources for London venue on Holloway Road in North London, starting at 6.30pm, Recovering from Trauma will be running an event for adult sufferers of childhood/developmental trauma and the therapists and counselors who treat them to be introduced to proven methods of reducing the symptoms of trauma and finally allowing people a sense of peace.

The three methods to be introduced are:

- Neurofeedback- a scientifically proven way to 're-wire' the brain to alleviate symptoms of trauma
- Trauma Constellations – a German PhD has developed this approach to help integrate trauma
- Trauma Release Exercises (TRE) – Designed by an American PhD, this process releases the trauma and stress 'stored' in the body which talk therapy alone cannot alleviate

This unique event has been developed by a sufferer from childhood trauma who has personally worked with all of the approaches above.

He says," I have seen the damage and the difficulty in healing childhood trauma and searched for proven methods which have helped lessen the effects of my trauma. I now want to create a platform to connect other people in my situation (and the therapists who support them) with the many incredible approaches and methods which have had years of research behind them. This is really missing in our society as many people are not even aware that they are suffering from childhood trauma."

To find out more about the event please visit http://recoveringfromtrauma.com or goto https://tinyurl.com/recoveringfromtrauma to book tickets priced at £15 early bird before October 11th and £20 for full-priced tickets. Or contact rahul@recoveringfromtrauma.com for more information

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November 5th Event Press Release

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