

# The Psychological Skills Service (PSS)

## The Trauma-Body Workshop: Understanding the Relationship between Persistent Physical Symptoms and Traumatic Experiences

Information for staff, service users, friends, family, carers, and GPs.



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### Is this workshop for me?

#### Do you...?

- Support someone who experiences persistent physical symptoms (e.g., chronic pain, fatigue, unexplainable seizures) who also has a history of complex trauma?
- Do you experience persistent physical symptoms (eg., chronic pain, fatigue, unexplainable seizures) and have experienced multiple traumatic events in the past?
- Find that the above cause you distress and would like to find a different way of coping and moving forward?
- Want to learn more about the relationship between physical symptoms and traumatic experiences?
- Want to learn more about what therapies and treatments can help?

#### If so, this workshop may be for you.



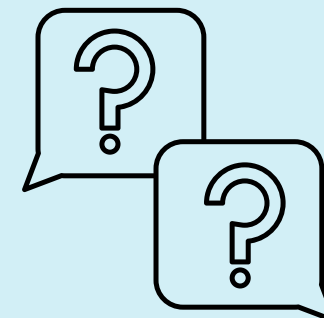
### What's it all about?

The aim of this workshop is to help individuals understand the relationship between persistent physical symptoms, often medically unexplained, and traumatic experiences. The workshop discusses key theories explaining the relationship between multiple traumatic experiences and physical symptoms such as:

- Chronic pain
- Chronic fatigue
- Functional Neurological Disorder
- Irritable Bowel Syndrome (IBS)
- Immune disorders

This workshop is suitable for:

- Individuals experiencing persistent physical symptoms not medically explained, with a history of multiple traumatic experiences.
- Family, friends and carers of service users.
- GPs.
- Healthcare professionals.



## How can I access this workshop?

Healthcare professionals can access this 4-part workshop by signing up using the QR code or link on the seminar poster. When each workshop series becomes available, a workshop poster will be distributed throughout CPFT.

Service users can be referred to the Psychological Skills Service to access this workshop. Please visit your GP who can then make a referral via the Primary Care Mental Health Team (PCMH). If you are currently already open to a Mental Health Service, please discuss this with them. You will be provided with a QR code to sign-up. This code can be shared with family, friends, and carers.

## What will I have to do?

This workshop will involve attending 4 one hour online seminars. If you would like to access any of the psychological therapies outlined, please visit your GP who can then make a referral via the Primary Care Mental Health Team (PCMH). If you are currently already open to a Mental Health Service, please discuss this with them and they may be able to make a direct referral to PSS.

If you are a healthcare professional and would like to make a referral for psychological therapy following this workshop, please contact PSS Referrals.

## Structure and Content

This educational workshop involves 4 one hour online seminars.

- Part 1: How trauma affects the brain- exploring the relationship between chronic pain and trauma.
- Part 2: Exploring the relationship between trauma, chronic fatigue, and functional neurological disorder.
- Part 3: Treatment- psychological treatments and where to find them.
- Part 4: Treatment- body-based, bottom-up approaches and where to find them.

All attendees remain anonymous throughout the workshop series; microphones and cameras have been disabled. Opportunity to post questions to the discussion board is provided.



## Contact Details

Psychological Skills Service  
17 Bridge Street, Peterborough, PE1 1HJ.  
Tel: 01733 746811

Chesterton Medical Centre  
Union Lane, Cambridge, CB4 1PX.  
Tel: 01223 88370



## Frequently Asked Questions

### Will the workshop be recorded?

All workshop episodes will be recorded. Following attendance to this 4-part workshop, you will receive individual links to seminar recordings. These can be accessed only by attendees.

### Will I have access to the presentation slides?

It is not possible for presentation slides to be distributed to attendees. All workshop episodes will be recorded and can be accessed via individual links.

### Do I have to attend all four parts?

No, each episode will have an individual meeting link. However, you will likely benefit most from attending all 4 parts of the workshop.

### Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail: [palsandcomplaints@cpft.nhs.uk](mailto:palsandcomplaints@cpft.nhs.uk)

### Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

