



A WORKSHOP UNDERSTANDING THE EFFECTS OF CHILDHOOD TRAUMA THROUGH THE CHILD'S VOICE

Delivered by Karen Ludkin

MY VOICE, MY WORDS, OUR JOURNEY.

Come and join me on an immersive journey as you look beyond the theory you have learnt and see who I truly am through the power of my voice. I will show you what happened to me and the trauma I am left with.

I will explore:

- How trauma affects and impacts my nervous system
- How I am wired for survival and protection
- Why connections can be so difficult for me
- Why I don't need fixing, and how I need you to sit in my darkness

You will have space to:

- Observe and consider your reactions to the parts of you that emerge throughout
- Develop a deeper understanding of how my voice is key to us navigating my healing
- Reflect on the importance of the therapeutic relationship and how our own patterns of relating can present and play out on our journey

Workshop to be held on **Saturday 15th November**, 9.30 - 4.30pm

at **Hotel Miramar, Bournemouth**

Cost **£150** including Lunch and Refreshments

Early Bird Fee £120 (Payable in full by 15th October 2025)

Who this training is for:

Therapists, Social Workers, Adoptive Parents, Foster Carers,
Professionals working with Developmental Trauma

Facilitator: Karen Ludkin MBACP

*Trauma Informed Therapist, DDP Level 1 & 2
Specialist Adoption & Trauma Training*

**To book a place on this training or
to find out more, please email:**

 **karen@calmthewaves.co.uk**

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COUNSELLING

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