

A hand holding a pink umbrella over a wooden figure. The background is a blurred green outdoor setting.

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 14th March 2026**, 9.30 - 4.30pm

at **Hotel Miramar, Bournemouth**

Cost **£150** including Lunch and Refreshments

Early Bird Fee £120 (Payable in full by Friday 27th February 2026)

Who this training is for:

Therapists, Social Workers, Adoptive Parents, Foster Carers,
Professionals working with complex 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

The logo for 'Calm the waves' features a stylized blue wave icon to the left of the text. The text 'Calm the waves' is in a large, rounded, teal font, with 'Calm' and 'waves' on the same line. Below this, 'COUNSELLING & TRAINING' is written in a smaller, all-caps, teal font.

Calm the waves
COUNSELLING
& TRAINING

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