

# Mental Health and the Body: Treating Trauma

online training



by Carolyn Spring



Session Summaries | Reflection Questions | References | Notes



## Session summary – what will you learn?

- Introducing the complexity of trauma recovery
- Exploring key factors in recovery in stabilising traumatised children, and relating this to recovery for adults
- Explaining why fundamental physiological processes such as sleep, inflammation and gut health are so important to trauma recovery
- Linking specific sleep states with trauma processing
- Introducing the concept of working holistically with ‘a person who has been traumatised’ rather than ‘working with trauma’
- Challenging Freudian concepts of abreaction and catharsis as vehicles in trauma recovery
- Exploring the possible direction of causation between trauma and depression, and the possibility of depression being an adaptation to trauma rather than merely a psychological consequence of it
- Introducing a phase-based treatment approach to trauma
- Introducing the value of stage one stabilisation and the value of psychoeducation in equipping and re-empowering survivors
- Exploring the role of therapists in trauma therapy as coming alongside to re-empower, not delivering a treatment to a passive patient
- Introducing the idea of our brains’ and bodies’ self-sufficiency for healing, and identifying blockages within environmental and modern lifestyles

## Reflection Questions

1. What is your theoretical framework for how we ‘heal’ from trauma?
2. Why do you think some people’s suffering from the traumatic event persists, whilst others’ doesn’t?
3. Do you believe that physical processes (sleep, diet, immunity) play a role in trauma symptoms and recovery?

## Overall Learning Reflection from this session



### Session summary – what will you learn?

- Examining five key areas of struggle for trauma survivors: powerlessness, persistent low mood, affect regulation, sleep disturbances, and an inability to process our experiences
- Exploring the idea that all five of these areas have physiological as well as psychological components
- Examining the feedback loop between these five areas, resulting in a vicious cycle
- Exploring disrupted sleep as a shared characteristic of a range of psychiatric difficulties and conditions
- Exploring the idea that sleep is a fundamental and essential component of trauma processing and recovery
- Understanding the key elements of sleep in terms of Process C (circadian rhythm) and Process S (sleep pressure)
- Exploring the neurobiological components of sleep, including the role of adenosine, the function of neurotransmitters in the 'sleep switch', and how to close the 'sleep gate'

### Reflection Questions

1. How much is sleep a priority for you, and your clients? Or is it an inconvenience?

2. How much sleep do you (and they) get each night?

3. Do you (and they) go to bed and get up at the same time each day/night?

### Overall Learning Reflection from this session



### Session summary – what will you learn?

- Exploring the impact of trauma on circadian rhythms
- Exploring how circadian rhythms and cycles of light and dark act either as powerful antidepressants or powerful disrupters of mood including depression
- Exploring the evolutionary development and physiology of circadian rhythms and their impact on digestion, gut bacteria, gene expression, body temperature, hormone release, mood, blood sugar sensitivity and energy
- Understanding two key characteristics of circadian rhythms in terms of fixedness and contrast, and how our modern lifestyles have blunted both aspects in our lives
- Exploring the two main consequences of a disrupted circadian rhythm – depression and insomnia – and how these interact with and exacerbate trauma symptoms
- Exploring how we can maximise the interaction between Process S and Process C to improve sleep quality and duration
- Exploring how our internal body clocks are reset by entrainment of the suprachiasmatic nucleus via light, and how we disrupt this with artificial light sources
- Exploring the impact of ‘social jetlag’ on health outcomes including obesity, heart disease and cancer

### Reflection Questions

1. How much ‘fixedness’ is there in your (or your clients’) daily rhythms? Do you (or they) have regular bedtimes and mealtimes?
  
2. How much time do you (or they) spend outdoors on average each day?
  
3. Apart from work, what else provides (or could provide) routine and regularity in your clients’ lives?

### Overall Learning Reflection from this session



## Session summary – what will you learn?

- Exploring the three characteristics of people with depression: increased circadian variability, low circadian amplitude, and abnormal circadian timing
- Understanding how mood tracks naturally to a circadian rhythm but can be significantly disrupted by poor timing of sleep
- Exploring the anti-depressive function of light, and the adaptive and maladaptive use of blue light
- Understanding the role of chronotherapeutics in the treatment of seasonal affective disorder and other mood disorders
- Exploring the association between disrupted rhythms and obesity and weight gain and in particular the deleterious impacts of 'ALAN'
- Exploring our bodies' evolutionary expectations of light and dark, and current day country-wide associations between levels of light pollution and levels of obesity
- Exploring three key interventions for tackling circadian rhythm disruption

## Reflection Questions

1. How much light exposure do you get during the day?

2. How much light exposure do you get on an evening?

3. How does your (or your client's) mood track during the day? When do you feel at your most positive?

## Overall Learning Reflection from this session



## Session summary – what will you learn?

- Exploring the different stages of sleep
- Exploring the role of NREM sleep in memory consolidation via K-complexes and sleep spindles
- Exploring the role of slow wave sleep in physical refresh and repair, the architecture of sleep stages during the night, and how short sleeping leads to a deficit of REM sleep
- Exploring the neuroscience of REM sleep and its role in memory and emotional processing
- Exploring the 'overnight therapy theory of REM sleep' and indications from research that the 'density' of REM sleep can predict success in therapy
- Explore the role of REM sleep in resetting our emotional baseline and in particular our unconscious threat bias
- Exploring the potential negative impact of medication on REM sleep

## Reflection Questions

1. Do you (or your clients) regularly get 8 hours' sleep, or are you (or they) missing out on crucial REM sleep?

2. Have you experienced sleep stripping memories and emotions of their sting overnight?

3. What are the practical factors that might be depriving you (or your clients) of REM sleep?

## Overall Learning Reflection from this session



## Session summary – what will you learn?

- Exploring the role of the locus coeruleus in inhibiting noradrenaline during dream sleep and its failure to do so in people diagnosed with PTSD
- Exploring the phenomenological experience of nightmares in trauma survivors and how to practically manage the distress of them
- Introducing how to use therapeutic 'imaginal endings' to reduce the impact of nightmares in trauma survivors
- Exploring the increased incidence of nightmares in sleep deprivation and disrupted circadian rhythms
- Exploring the occurrence of parasomnias during sleep stage transitions
- Exploring how to reframe the experience of parasomnias (nightmares, night terrors, sleep paralysis, sleepwalking) away from self-triggering trauma narratives via the use of psychoeducation
- Exploring the impact of alcohol on the occurrence of parasomnias
- Exploring the impact of stress on ineffective REM processing of traumatic memories
- Exploring pharmaceutical options for reducing nightmares and hyperarousal in trauma survivors
- Exploring the possible link between EMDR and REM sleep

## Reflection Questions

1. Have you (or your clients) been affected by parasomnias?
2. How have you typically worked with or dealt with nightmares? What has been effective?
3. What have you found to be the most effective way of downregulating the autonomic nervous system from the amber zone?

## Overall Learning Reflection from this session



## Session summary – what will you learn?

- Exploring the role of depression in blocking trauma processing
- Exploring the limitations of the 'monoamine deficiency theory of depression' and the 'catecholamine hypothesis of affective disorders', from the development of iproniazid in the 1950s
- Exploring the development of selective serotonin reuptake inhibitors in the 1970s and 1980s and the fundamental logic flaw in their use
- Exploring the limitations and risks of the use of SSRIs especially in the treatment of trauma-related depression, including their impact on REM sleep
- Exploring an alternative view of depression as a physiological adaptation to a body and brain under too much strain

## Reflection Questions

1. To what extent have your traumatised clients struggled with depression?

2. What is your view of the serotonin-deficiency theory of depression?

3. What circumstances of overload have you witnessed or experienced prior to the onset of depression?

## Overall Learning Reflection from this session



## Session summary – what will you learn?

- Understanding the mechanisms of the immune system response of inflammation as a response to threat, and its links to trauma
- Exploring the mental health consequences and symptoms of cytokine release and the evolutionary adaptation of ‘sickness behaviour’
- Exploring recent theories linking ‘sickness behaviour’ and depression, and depression as an inflammatory process
- Exploring recent research linking trauma with a range of inflammatory disease processes such as depression, ‘diabesity’, cardiovascular disease, autoimmunity, dementia etc
- Exploring the role of low cortisol and inflammation in maintaining an overreactive amygdala after trauma
- Exploring the role of childhood trauma in forming a ‘neural-immune pipeline’ leading to increased inflammatory responses in adulthood, resulting in potential ‘stuckness’ in therapeutic endeavours

## Reflection Questions

1. How common is persistent low mood among your clients who have experienced trauma and/or childhood adversity?

2. Have you ever felt really low when hit by a virus or bug? What explanation did you have for it?

3. What sources of inflammation are there in our modern lifestyles, and how might these be contributing to low mood?

## Overall Learning Reflection from this session



### Session summary – what will you learn?

- Exploring the impact of trauma on gut health for survivors
- Exploring the links between gut dysbiosis, chronic fatigue, depression and trauma
- Exploring how a non-diverse microbiome can have significant impacts on emotions and mood
- Exploring the role of trauma in driving weight gain and obesity through hormonal impacts rather than simply lifestyle factors
- Exploring the role of our microbiome in driving food-related behaviours and emotional responses such as anxiety
- Exploring the evolutionary roots and inherent adaptation of time-restricted eating and its use as a counter to depression and anxiety
- Exploring factors which disrupt the microbiome, including antibiotics, non-nutritive sweeteners, and some medications

### Reflection Questions

1. In what ways have you seen trauma 'hitting us in the guts'?

2. What has been your predominant hypothesis for obesity?

3. How comfortable are you (or your clients) with hunger? What time do you (or they) start and stop eating each day?

### Overall Learning Reflection from this session



## Session summary – what will you learn?

- Exploring lifestyle interventions that can help to address underlying blockages to trauma resolution
- Exploring the role of effective psychoeducation in trauma therapy and the importance of strategic and phased work
- Exploring how to encourage motivation and decrease shame for traumatised clients and the role of the therapist as an 'auxiliary cortex'
- Exploring the expression of post-traumatic powerlessness alongside therapist approaches to client re-empowerment

## Overall Learning Reflection from this session and the course as a whole



## SESSION 2

- The molecular neurobiology of depression: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2721780/>
- Clustering of Depression and Inflammation in Adolescents Previously Exposed to Childhood Adversity: [https://www.biologicalpsychiatryjournal.com/article/S0006-3223\(12\)002132/fulltext](https://www.biologicalpsychiatryjournal.com/article/S0006-3223(12)002132/fulltext)
- Recreational Drugs and Sleep: An overview by Claire Durant: [https://www.sleepsociety.org.uk/wp-content/uploads/2016/06/Recreational\\_Drugs\\_and\\_Sleep.pdf](https://www.sleepsociety.org.uk/wp-content/uploads/2016/06/Recreational_Drugs_and_Sleep.pdf)
- The Role of Melatonin in the Circadian Rhythm Sleep-Wake Cycle: <https://www.psychiatrytimes.com/view/role-melatonin-circadian-rhythm-sleep-wake-cycle>

## SESSION 3

- Sleep Drives Metabolite Clearance from the Adult Brain: <https://science.sciencemag.org/content/342/6156/373>

## SESSION 4

- Potential Role for the Gut Microbiota in Modulating Host Circadian Rhythms and Metabolic Health: <https://www.mdpi.com/2076-2607/7/2/41>
- Association of Exposure to Artificial Light at Night While Sleeping With Risk of Obesity in Women: <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2735446>
- Dark matters: effects of light at night on metabolism: <https://www.cambridge.org/core/journals/proceedings-of-the-nutrition-society/article/dark-matters-effects-of-light-at-night-on-metabolism/912C3E5142E0338FF88B7039EA8FDF8F>
- Effects of eight weeks of time-restricted feeding (16/8) on basal metabolism, maximal strength, body composition, inflammation, and cardiovascular risk factors in resistance-trained males: <https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-016-1044-0>
- Chronotherapeutics for Affective Disorders: A Clinician's Manual for Light and Wake Therapy: <https://amzn.to/3vMgeQC>
- Illuminating the deleterious effects of light at night: <https://facultyopinions.com/prime/reports/m/3/18>
- Sleep and Circadian Functioning: Critical Mechanisms in the Mood Disorders?: <https://www.annualreviews.org/doi/10.1146/annurev-clinpsy-032210-104550>
- Intermittent fasting during Ramadan attenuates proinflammatory cytokines and immune cells in healthy subjects: <https://www.sciencedirect.com/science/article/abs/pii/S0271531712001820?via%3Dihub>

## SESSION 5

- Restless REM Sleep Impedes Overnight Amygdala Adaptation: [https://www.cell.com/current-biology/fulltext/S0960-9822\(19\)30761-4](https://www.cell.com/current-biology/fulltext/S0960-9822(19)30761-4)
- Overnight therapy? The role of sleep in emotional brain processing: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2890316/>



- Trauma exposure and sleep: using a rodent model to understand sleep function in PTSD:  
<https://link.springer.com/article/10.1007/s00221-014-3890-4>

### SESSION 6

- Treatment of Nightmares With Prazosin: A Systematic Review:  
[https://www.mayoclinicproceedings.org/article/S0025-6196\(12\)00667-2/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(12)00667-2/fulltext)
- The effects of two single doses of tramadol on sleep: a randomized, cross-over trial in healthy volunteers:  
<https://pubmed.ncbi.nlm.nih.gov/11270008/>
- Sleep-Dependent Memory Processing and EMDR Action:  
<https://connect.springerpub.com/content/sgremdr/2/4/289>
- REM Sleep and the Early Development of Posttraumatic Stress Disorder:  
<https://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp.159.10.1696>
- REM sleep dysregulation in depression: State of the art:  
<https://www.sciencedirect.com/science/article/abs/pii/S1087079212001207?via%3Dihub>
- Voluntary arousing negative experiences (VANE): Why we like to be scared:  
<https://psycnet.apa.org/doiLanding?doi=10.1037%2Femo0000470>
- Aminergic and cholinergic afferents to REM sleep induction regions of the pontine reticular formation in the rat: <https://onlinelibrary.wiley.com/doi/abs/10.1002/cne.903300410>

### SESSION 7

- Comparative efficacy and acceptability of 21 antidepressant drugs for the acute treatment of adults with major depressive disorder: a systematic review and network meta-analysis:  
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)32802-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32802-7/fulltext)
- The clinical effectiveness of sertraline in primary care and the role of depression severity and duration (PANDA): a pragmatic, double-blind, placebo-controlled randomised trial:  
[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(19\)30366-9/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(19)30366-9/fulltext)

### SESSION 8

- Inflammation and post-traumatic stress disorder:  
<https://onlinelibrary.wiley.com/doi/10.1111/pcn.12820>
- Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk:  
<https://www.pnas.org/content/109/16/5995>
- Cytokines, Inflammation, and Pain: <https://pubmed.ncbi.nlm.nih.gov/17426506/>
- The gut microbiota influences skeletal muscle mass and function in mice:  
<https://stm.sciencemag.org/content/11/502/eaan5662.abstract>



- The role of short-chain fatty acids in microbiota–gut–brain communication: <https://www.nature.com/articles/s41575-019-0157-3>
- The hygiene hypothesis and psychiatric disorders: [https://www.cell.com/trends/immunology/fulltext/S1471-4906\(08\)00047-1](https://www.cell.com/trends/immunology/fulltext/S1471-4906(08)00047-1)
- Major depressive disorder: probiotics may be an adjuvant therapy: <https://www.sciencedirect.com/science/article/abs/pii/S0306987704004967>
- Circadian rhythms and metabolism: from the brain to the gut and back again: <https://nyaspubs.onlinelibrary.wiley.com/doi/full/10.1111/nyas.13188>
- Circadian Rhythm and the Gut Microbiome: <https://www.sciencedirect.com/science/article/pii/S0074774216301167>
- Complex interactions of circadian rhythms, eating behaviors, and the gastrointestinal microbiota and their potential impact on health: <https://academic.oup.com/nutritionreviews/article/75/9/673/4077011>
- So depression is an inflammatory disease, but where does the inflammation come from?: <https://bmcmmedicine.biomedcentral.com/articles/10.1186/1741-7015-11-200>
- Inflammation in Fear- and Anxiety-Based Disorders: PTSD, GAD, and Beyond: <https://www.nature.com/articles/npp2016146>
- Clock genes are implicated in the human metabolic syndrome: <https://pubmed.ncbi.nlm.nih.gov/17653067/>
- Interferon-Related Depression: A Primer on Mechanisms, Treatment, and Prevention of a Common Clinical Problem: <http://www.eurekaselect.com/138348/article>

### SESSION 9

- Effects of Sweeteners on the Gut Microbiota: A Review of Experimental Studies and Clinical Trials: [https://academic.oup.com/advances/article/10/suppl\\_1/S31/5307224](https://academic.oup.com/advances/article/10/suppl_1/S31/5307224)
- A randomized, double-blind, placebo-controlled pilot study of a probiotic in emotional symptoms of chronic fatigue syndrome: <https://gutpathogens.biomedcentral.com/articles/10.1186/1757-4749-1-6>
- Probability of an Obese Person Attaining Normal Body Weight: Cohort Study Using Electronic Health Records: <https://pubmed.ncbi.nlm.nih.gov/26180980/>
- The vagus nerve and the inflammatory reflex—linking immunity and metabolism: <https://www.nature.com/articles/nrendo.2012.189>
- Sleep quality and the treatment of intestinal microbiota imbalance in Chronic Fatigue Syndrome: A pilot study: <https://www.sciencedirect.com/science/article/pii/S1984006315000632>
- Enteroendocrine hormones — central effects on behavior: <https://www.sciencedirect.com/science/article/pii/S1471489213001641?via%3Dihub>
- The Effects of Dietary Improvement on Symptoms of Depression and Anxiety: A MetaAnalysis of Randomized Controlled Trials: [https://journals.lww.com/psychosomaticmedicine/fulltext/2020/06000/the\\_effects\\_of\\_dietary\\_improvement\\_on\\_symptoms\\_of.13.aspx](https://journals.lww.com/psychosomaticmedicine/fulltext/2020/06000/the_effects_of_dietary_improvement_on_symptoms_of.13.aspx)



- Oxidative stress levels are raised in chronic fatigue syndrome and are associated with clinical symptoms: <https://www.sciencedirect.com/science/article/abs/pii/S0891584905002121>
- Strategies for Reducing or Preventing the Generation of Oxidative Stress: <https://www.hindawi.com/journals/omcl/2011/194586/>
- Dietary Fat Intake and the Risk of Depression: The SUN Project: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0016268>
- Seasonal cycling in the gut microbiome of the Hadza hunter-gatherers of Tanzania: <https://science.sciencemag.org/content/357/6353/802>
- Serum acetate:propionate ratio is related to serum cholesterol in men but not women: <https://pubmed.ncbi.nlm.nih.gov/8914950/>
- Fight them or feed them: how the intestinal mucus layer manages the gut microbiota: <https://academic.oup.com/gastro/article/7/1/3/5305718>
- Olfactory influences on mood and autonomic, endocrine, and immune function: <https://pubmed.ncbi.nlm.nih.gov/18178322/>

## OVERALL READING LIST

### SLEEP AND CIRCADIAN RHYTHMS

- The circadian code by Dr Satchin Panda: <https://amzn.to/33QTNM6>
- Why we sleep by Matthew Walker: <https://amzn.to/2Jgmryw>
- Sleep smarter by Shawn Stevenson: <https://amzn.to/2pbN9II>
- Sleep by Nick Littlehales: <https://amzn.to/2PdZbF3>
- The nocturnal brain: nightmares, neuroscience and the secret world of sleep by Dr Guy Leschziner: <https://amzn.to/2Jfy0WL>
- The twenty-four hour mind: the role of sleep and dreaming in our emotional lives by Rosalind Cartwright: <https://amzn.to/2PftMSC>
- The book of sleep: 75 strategies to relieve insomnia by Nicole Moshfegh: <https://amzn.to/2JiMCV4>
- Secrets of sleep science: from dreams to disorders by Craig Heller: <https://amzn.to/2Pdn4fZ>
- Night school by Richard Wiseman: <https://amzn.to/2BCpRrd>
- This book will make you sleep by Jessamy Hibberd and Jo Usmar: <https://amzn.to/2NaqbT4>
- The sleep revolution by Arianna Huffington: <https://amzn.to/2JiojGX>
- The sleep book by Guy Meadows: <https://amzn.to/2pMyVH8>

### GUT HEALTH

- Gut: the inside story of our body's most under-rated organ by Giulia Enders: <https://amzn.to/32HfbDt>



- Missing microbes by Martin Blaser: <https://amzn.to/2Jf3xrS>
- 10% human: how your body's microbes hold the key to health and happiness by Alanna Cohen: <https://amzn.to/2BF1rhT>
- The psychobiotic revolution by Scott Anderson, John Cryan & Ted Dinan: <https://amzn.to/2NbfRu8>
- Against the grain: a deep history of the earliest states by James Scott: <https://amzn.to/2p9MvnV>
- Deep nutrition: why your genes need traditional food by Catherine Shanahan: <https://amzn.to/2JiwNhn>
- Clean gut by Alejandro Junger: <https://amzn.to/2MEcdKe>
- Eat dirt by Josh Axe: <https://amzn.to/364imr4>
- No grain, no pain by Peter Osborne: <https://amzn.to/2N9FNq2>
- Grain brain by David Perlmutter: <https://amzn.to/2JkiyZs>

### METABOLISM

- The obesity code by Jason Fung: <https://amzn.to/2Jh5DHA>
- The big fat surprise by Nina Teicholz: <https://amzn.to/2N8CcbH>
- Why diets make us fat: the unintended consequences of our obsession with weight loss – and what to do instead by Sandra Aamodt: <https://amzn.to/2JgOmlc>
- Healthy eating: the big mistake by Verner Wheelock: <https://amzn.to/33VMGCc>
- The diet delusion by Gary Taubes: <https://amzn.to/33TGB2P>
- The hormone fix by Anna Cabecca: <https://amzn.to/2N55t7e>
- The case against sugar by Gary Taubes: <https://amzn.to/33Y2eFG>
- The fast 800 by Michael Mosley: <https://amzn.to/33Uq19i>
- The complete guide to fasting by Jason Fung and Jimmy Moore: <https://amzn.to/2P9VZKG>
- The fast diet by Michael Mosley and Mimi Spencer: <https://amzn.to/2pMzCjI>

### MOOD

- The inflamed mind by Edward Bullmore: <https://amzn.to/2NaLmVI>
- A mind of your own: the truth about depression and how women can heal their bodies to reclaim their lives by Dr Kelly Brogan: <https://amzn.to/2JgwEeg>
- The distracted mind: ancient brains in a high-tech world by Adam Gazzaley and Larry Rosen: <https://amzn.to/2N5TF4K>
- Notes on a nervous planet by Matt Haig: <https://amzn.to/2Pdnjrp>
- Reasons to stay alive by Matt Haig: <https://amzn.to/2N0z69C>



### CHRONIC FATIGUE SYNDROME

- Diagnosis and treatment of chronic fatigue syndrome and myalgic encephalitis by Dr Sarah Myhill: <https://amzn.to/3IHCmvS>
- CFS unravelled by Dan Neuffer: <https://amzn.to/2PeLLsA>
- Mitochondria and the future of medicine by Dr Lee Know: <https://amzn.to/2oYBUMR>

### OTHER

- In praise of walking: the new science of how we walk and why it's good for us by Shane O'Mara: <https://amzn.to/2qH3kHh>
- Earthing: the most important health discovery ever? by Clint Ober and Stephen Sinatra: <https://amzn.to/2P9BfTn>
- Stress and your body by Robert Sapolsky: <https://amzn.to/360KT0w>
- Deskbound: standing up to a sitting world by Kelly Starrett and Juliet Starrett: <https://amzn.to/46criE>
- The deepest well: healing the long-term effects of childhood adversity by Nadine Burke Harris: <https://amzn.to/2Pb4UeG>
- Mindsight by Daniel Siegel: <https://amzn.to/2Nb8R0B>
- The telomere effect by Elizabeth Blackburn: <https://amzn.to/2NaMgkH>
- The ultimate guide to red light therapy by Ari Whitten: <https://amzn.to/34I9LD>



## Info and links

### 'Mental Health and the Body: Treating Trauma' online training by Carolyn Spring

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To download all the resources associated with the course go to [www.carolynspring.com/lesson/mhab-resources](http://www.carolynspring.com/lesson/mhab-resources).

