

FROM ONLY

£25<sub>PP</sub>



**CAROLYN SPRING**  
reversing **adversity**

# TRAUMA TRAINING for organisations

HIGH-QUALITY CPD AND RESOURCES  
AT A BUDGET THAT WORKS FOR YOU







*"As a group of Clinical Psychologists and psychological practitioners working across inpatient and crisis services within our NHS Trust we wanted to access some CPD to help inform our thinking and practice.*

*We have found the training to strike an excellent balance between theory and research on the one hand, with straightforward language and practical ideas to apply on the other.*

*There is a range of qualifications and experience within our group. However it is testimony to the quality of the training that all have found it to be accessible and stimulating.*

*Carolyn's style helps to make complex and potentially difficult material relatable and demystifying.*

*We would have no problems recommending this training."*



*"Exemplary training. The CPD we purchased from Carolyn Spring was exceptionally well received by the counsellors in our organisation who have expressed their gratitude for how helpful they found it.*



*We have also made good use of the additional resources included such as the articles and psychoeducational posters, as well as the free 'Trauma Survivors' Resource Guide'."*



Hi there, I'm Carolyn Spring.

I'm an author, trainer, and trauma survivor. Through my writing and speaking, I help to reverse adversity – in my own life and in the lives of others.

I've spent over a decade researching and learning how the brain is impacted by trauma and suffering and how it can process and recover from such suffering. I take the academic research and clinical literature on trauma and blend it with the lived experience of a survivor. The end result is unique learning experiences which make the complex simple and are frequently described as 'transformative' and 'practice-changing'.

Currently over 40,000 people have enrolled on one or more of my online courses, and that number is growing all the time. My work is followed by over 125,000 people and I aim to offer a powerfully authentic voice to the field of trauma recovery.

Organisations of all shapes and sizes – from large NHS departments to small counselling charities – access my training, and it is fully scaleable and the best value for money (and we believe the best quality!) in its field.

Read on to find out more about discounted access to my training and the other ways we can support your organisation.

*I have completed a lot of CPD over the course of my career. This is definitely the best training I have accessed in terms of understanding trauma, our biology and the function of shame.*

*I loved everything about it – the ease of access, the resources and Carolyn's narrative. So brave, so important, so inspirational. Thank you.*

Feedback for 'Working with Shame'

40,000+

LEARNERS

# CHOOSE AN OPTION

## 1. STANDALONE COURSES

Since 2017 we've been offering organisations access to our **online courses** on a per-person per-course basis.

- a. Choose how many people you would like to train with us.
- b. Choose how many courses you would like them to complete.
- c. Choose whether you want to specify which course(s) they complete, or whether they can make their own selections.
- d. We will calculate a discounted cost for you.
- e. Once agreed, we'll send an invoice to you.
- f. Upon receipt of payment, we will contact you with details of how your delegates can access their training. They then will have lifetime access to it and can return to it as often as they like.

## 2. MEMBERSHIP OF OUR 'TRAUMA RECOVERY COMMUNITY'

Newly launched in 2024, the '**Trauma Recovery Community**' is an online membership platform. Alongside access to ALL of the existing library of courses (with 60+ hours of CPD), there are also 1-3 live sessions with Carolyn available to attend each week, new training as it's released on a regular basis, a wealth of downloadable resources, and discussion forums and networking/support opportunities with other professionals.

This is a great opportunity for your organisation to support your counsellors/therapists (or other mental health professionals, as well as trainees) not just with training, but with live support and a peer community of professionals.

We can also offer private and bespoke monthly sessions with Carolyn just for your organisation when you sign up for more than 10 memberships.

The usual individual membership price is £50.00 per person per month (inc VAT), but we can provide deep discounts for organisations purchasing multiple and ongoing memberships. We'll work with you to find a solution that suits your budget.

Members have access to all the training, live sessions and resources while they remain on an active membership. This is therefore a brilliant opportunity for you to provide a significant level of support to your clinicians for a simple, single membership fee.

We can work with you to arrange payment by invoice or monthly bank/card payment, or payment in advance – whatever works best for you and your funding cycles. Simply get in touch to discuss a bespoke solution.

GO TO [WWW.CAROLYNSPRING.COM/COMMUNITY](http://WWW.CAROLYNSPRING.COM/COMMUNITY) FOR MORE INFORMATION



# About the Trauma Recovery Community

The Trauma Recovery Community provides training, live interactive Q&As, discussion groups, resources and a community of professionals dedicated to working compassionately, ethically and effectively with complex trauma survivors.



## **We're going to make the complex simple**

We'll do this by delivering trauma training that blends the latest neuroscience research and the latest clinical literature with the direct experience of the survivor.

We'll help you understand what trauma is, how it affects the brain and body, why we get stuck in it, and what to actually do to recover from it.

We'll also look at the pitfalls of working with trauma, how it impacts upon and is impacted by attachment dynamics, as well as specialist subjects such as sexual assault, child sexual abuse, suicide and self-harm, dissociation, mental health, neurodiversity and much, much more.



## **We're going to connect the isolated**

Working with trauma can be incredibly lonely and isolating.

This Community will therefore provide the professional and peer support and connection that is needed to weather the storm of trauma work so that you can stay regulated and in the green zone, whilst learning from others and in turn supporting others.

In healing from trauma, we need the support and connection of other human beings – this Community will aim to provide that (with your help!)

It will be a place that's compassionate, curious and caring, and focused on reversing adversity in the lives of your clients.



## **We're going to put the theory into practice**

We'll answer questions such as:

- 'What do you actually DO in the therapy room?'
- 'Which interventions are helpful, which are unhelpful, when and why?'
- 'How do you work with trauma without retraumatizing or being traumatised yourself?'

We'll put the theory into practice, work through the real-life dilemmas and complexities of trauma work, and break it down so that it's not just theoretical knowledge, but applied. We'll make it gritty, real, authentic, and immediately useful with every client you work with in every session.

GO TO [WWW.CAROLYNSPRING.COM/COMMUNITY](http://WWW.CAROLYNSPRING.COM/COMMUNITY) FOR MORE INFORMATION

6 HRS' CPD   
FROM **£25** PP

## About my standalone online training

All training is available online and on-demand (i.e. do it when you want to!) and comes with lifetime access, so there is no deadline or expiry date.

Each course offers 6 hours' CPD with a certificate upon completion. The video content is broken down into 20-30 minute lessons, which makes it easy to split training into multiple shorter sessions if this fits better with existing time constraints.

The format of our courses means that you have some flexibility in how your team accesses them. For instance, here are the three most common delivery methods used by other organisations:

### 1. INDEPENDENT LEARNING

Delegates complete the allocated course(s) at their own pace, with or without a timescale for completion.

### 2. GROUP TRAINING

A specific time is scheduled by you for delegates to watch the course videos together as a group, either in person or remotely via video call screen-sharing. The 'reflection questions' provided at the end of each 20-30 minute lesson are then used as prompts for small group discussion. To cover the entire content of one course in one day would require around 4 hours for the video content plus 5-10 minutes for discussion after each lesson, so a 6-7 hour day in total.

### 3. A HYBRID APPROACH

Delegates complete the courses at their own pace and then get together for group discussion and reflection, either using each lesson's 'reflection questions' as prompts, or following another format of your choosing.

The licence price includes substantial accompanying resources which can be downloaded and made available to clients in the course of your work. There is also extensive additional reading which allows for further independent learning and adds even more value to the training.



## Discounts for organisations

Usual pricing per course is £55 inc VAT, but to support your work we offer generous discounts for multiple licences.

Discounts begin at £15 off per licence (so a per head cost of £40 inc VAT per course) and increase in line with the quantity of licences purchased. We always strive to provide the greatest value possible for your available budget, so please get in touch to discuss.



# Available courses

To date, I have 8 standalone courses available covering a range of topics:

## 'WORKING WITH SHAME'



A heartfelt, emotive course on the neurobiology of shame, its overlap with trauma, and how to work effectively with it in the therapy room. With both left-brain neuroscience and right-brain personal narrative, this course uniquely looks at how shame manifests first and foremost in our bodies, and how to work with shame without exacerbating it.

## 'DEALING WITH DISTRESS: WORKING WITH SUICIDE AND SELF-HARM'



Our default response to self-harm and suicidality is to think in terms of 'risk'. But what if that approach in itself actually increases the risk?

This course looks at how to develop a collaborative – and kinder – approach to working with people in intense pain, and explains the neuroscience behind both self-harm and suicide.

## 'TRAUMA AND THE BODY: DISSOCIATION AND SOMATISATION'



Trauma doesn't just affect the mind and the emotions. It profoundly affects the brain and the body too. Often 'the body remembers' what the mind cannot, manifesting not just in long-term psychological difficulties but in physical ones too. On this course I look at how there is no real split between 'body' and 'mind' – and certainly not when it comes to trauma.

## 'WORKING WITH RELATIONAL TRAUMA'



This course looks at the evolution of attachment theory and what this means for working therapeutically with people who have experienced relational trauma, and how its impacts can be reversed through the development of a secure base and 'earned secure attachment' through psychotherapy.

# Available courses (cont.)

## 'CHILD SEXUAL ABUSE: HOPE FOR HEALING'



Child sexual abuse represents the ultimate betrayal of trust. This course provides profound insights into the experience and impacts of abuse which will help to build trust, rapport and empathy and will also equip you to hear with compassion the stories that survivors need to, but fear to, tell.

## 'MENTAL HEALTH AND THE BODY: TREATING TRAUMA'



Trauma results in significant emotional distress and fear-based dysregulation, but also in long-term bodily inflammation and sleep disturbances, which in turn inhibits the processing of traumatic memory. And so it makes sense that our bodies also need to be involved in recovering from trauma: this course shows you how.

## 'DISSOCIATION AND DID: THE FUNDAMENTALS'



When faced with overwhelming trauma, dissociation can be the only logical thing our brains are able to do to help us to survive. Explore what happens in the brain during trauma, why dissociation is the brain's best way of surviving when overwhelmed by life-threat, how dissociative disorders develop and how best to support trauma survivors rediscover a sense of safety with a dysregulated nervous system.


## 'WORKING WITH DISSOCIATIVE DISORDERS IN CLINICAL PRACTICE'



Dissociative identity disorder (DID) is the term we give to a set of responses to trauma which are the natural outcome for a childhood of unremitting unsafety. This course looks at how to work with compassion and empathy with people who have suffered the most extreme forms of early life trauma, and expounds a treatment roadmap including the principles and pitfalls of this complex work.

Contact us today:



 [training@carolynspring.com](mailto:training@carolynspring.com)  
[www.carolynspring.com/group-training](http://www.carolynspring.com/group-training)



# Free resources



In addition to training, we would also be delighted to support your work through the provision of free resources.

This could take the form of psychoeducational PDFs, downloadable articles or a supply of our



'mantra cards' – pre-packaged sets of cards which combine trauma-specific affirmations with inspiring images and can either be used during sessions or given away to clients to assist with grounding during flashbacks or triggers.

## A final word ...



Recovery from trauma involves being re-empowered. The voice of the trauma survivor, our experience of trauma, is paramount. There are two people in the therapy room – the therapist and the client. We need to hear from both. Training for professionals, especially trauma training, shouldn't be solely by professionals. We need to hear too from the client, the survivor, who ought to be at the centre, at the heart, of every session, at the heart of therapeutic thought and theory, and at the heart of therapeutic training. That is what I offer you through my courses, writing and resources. Please get in touch to talk through how we can help your team today. There is no pushy sales spiel – we simply want to help!


Stay safe,

*Carolyn*

LET US SUPPORT YOU TO SUPPORT OTHERS

Contact us today:



 [training@carolynspring.com](mailto:training@carolynspring.com)  
[www.carolynspring.com/group-training](http://www.carolynspring.com/group-training)





*The combination of theoretical and practical clinical aspects in this training was outstanding and I found it usefully challenging to me as a therapist to reflect on my own attachment style.*

*Exceptional value as it has aspects of attending a workshop rather than just a seminar or talk. Potentially transformative to my practice (and I don't say that lightly).*

Feedback for "Working with Relational Trauma"

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