

Blog 9

Trauma and the body

Did you know that trauma, whether mental or physical, can affect the brain, the emotions and, importantly, the body? The body remembers trauma at a deep cellular level. The brain forgets, buries and represses the experience as it is so very painful. Psychological and physical symptoms can develop from this repression. For example, chronic pain; re-occurring infections; chronic fatigue syndrome; fibromyalgia; insomnia; rheumatoid arthritis. Trauma prevents people from living healthily and making a positive connection with their body. Since it is the body which experiences the trauma initially it is also the vehicle for expressing the suffering and pain associated with it.

Courses with pathways2wellbeing can support people with these experiences. Courses are based on systematic research and in-depth practice in the NHS. We explore with participants how the body enacts the suffering, what can be done to cope and manage the symptoms and how to process any psychological issues as a result of the original trauma which may be consciously unknown to the participant.