



# EAPM 2018

6<sup>TH</sup> ANNUAL SCIENTIFIC CONFERENCE OF THE  
EUROPEAN ASSOCIATION OF PSYCHOSOMATIC MEDICINE · EAPM ·  
**INNOVATIVE AND INTEGRATED APPROACHES  
TO PROMOTE MENTAL AND PHYSICAL HEALTH**  
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## **Trauma-informed care interventions**

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Unresolved psychological trauma can affect an individual's mental, physical, social, and spiritual well-being. In spite of these effects, it is not unusual for the impact of trauma to be hidden or unacknowledged. As a result, health care providers can feel confused and uncertain when working with trauma survivors, which may leave trauma survivors at risk of not receiving the care they need, even with a clinician's best intentions.

Trauma-informed care provides a framework that incorporates an understanding of the individual. It promotes sensitivity to engagement so as to ensure survivors receive care appropriate and responsive to their needs; delivered in a manner that facilitates acceptance of the care being offered.

This interactional workshop will address the impact of trauma, and the identification and management of patients suffering from symptoms and problems as a result of unresolved traumatic experiences. Clinical examples, demonstrations of techniques and strategies for working with trauma survivors will bring the theoretical material to life and illustrate the applied principles in practice. Participants are invited to bring clinical cases or submit clinical cases in advance for discussion.

**CONGRESS PRESIDENT EAPM 2018**

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