

Health Matters



Recovering from traumatic events

What are traumatic events and how can we recover from them?

Most of us will deal with a traumatic event in our lifetime. What impact does this have and why do some people go on to develop post-traumatic stress disorder (PTSD)? This talk will consider how trauma and PTSD can affect the lives of people and their family and friends and how we can adjust and recover.

Tuesday 30 September, 6.15pm
Whiteleaf Centre, Aylesbury
with Dr Martina Mueller, consultant clinical psychologist

Conference room, Whiteleaf Centre, Aylesbury, Bucks, HP20 1EG
The talk will include light refreshments and a Q&A session.

All of our talks are free to attend however spaces are limited. To book your place please email: eleanor.saunders@oxfordhealth.nhs.uk.

Find out more about Health Matters on our website: oxfordhealth.nhs.uk/news/events/