

LIGHTBULB COURSE

CHECK YOUR LEARNING





CHECK YOUR KNOWLEDGE?

In **SESSION 1** we tried to make sense of trauma.

Try and write down 3 points that you learned...

In **SESSION 2** we learned about flashbacks.

Try and write down 3 points that you learned...

In **SESSION 3** we learned more about sleep, nightmares and anger.

Try and write down 3 points that you learned...



In **SESSION 4** we tried to make sense of trauma and avoidance.

Try and write down 3 points that you learned...

In **SESSION 5** we tried to make sense of trauma and thoughts.

Try and write down 3 points that you learned...

