

# Trauma & Communication Integrating Nervous System Regulation into Clinical Practice

Presented by  
**Ulf Sandström**

Saturday 12 - Sunday 13 September 2026

**Location** British College of Osteopathic Medicine  
6 Netherhall Gardens  
London  
NW3 5RR



**Seminar Times** Saturday 9.30am - 5.30pm  
Sunday 9.00am - 4.00pm  
ICAK-UK AGM: Saturday at 2.00pm  
(Registration on Saturday from 9.00am)

**Fees** **ICAK-UK Member:** £425 (Early Bird: £375)  
**Non-Member:** £475 (Early Bird: £425)  
Early Bird prices available until 31 July 2026.

**CPD** 12 hours  
Participants will receive a certificate of attendance for an ICAK-UK Advanced Seminar. This seminar does not form part of the PAK certification pathway.

**Booking** Book online at [www.icak.co.uk](http://www.icak.co.uk)

## Seminar Overview

Many patients remain stuck in chronic pain, unresolved injury patterns, or persistent symptoms despite appropriate structural, biochemical, and neurological care. This advanced seminar explores how trauma, chronic stress, and communication patterns influence nervous system regulation, biochemistry, and physical structure, and how these factors interact to shape clinical outcomes.

Dr Ulf Sandström presents an integrative, trauma-informed framework that complements hands-on Applied Kinesiology and manual therapy approaches, supporting more consistent and sustainable patient recovery.

The course focuses on practical, ethical, and non-invasive methods that can be applied safely in everyday clinical practice, including approaches that support regulation without requiring patients to relive distressing experiences.

## Who Should Attend

This seminar is suitable for regulated healthcare professionals including chiropractors, osteopaths, physiotherapists, medical doctors and acupuncturists.

It is particularly valuable for practitioners who work with:

- Chronic pain and persistent symptoms
- Long-standing injury patterns
- Stress-related and psychosomatic presentations
- Trauma-affected patients
- Recurrent or treatment-resistant cases
- Complex, multi-system presentations

The seminar is designed for clinicians seeking to deepen their understanding of how nervous system regulation, biochemistry, physical structure, and communication interact in health and recovery.

## What You Will Gain

- A deeper understanding of trauma as a nervous system state
- Practical tools for nervous system regulation
- Improved practitioner–patient communication
- Enhanced treatment responsiveness
- Strategies for working with “stuck” or non-responsive cases
- Greater clinical confidence when working with complex presentations

## Course Highlights

- Nervous system regulation and trauma physiology
- Stress, biochemistry, and structural adaptation
- Trauma Tapping and Havening Techniques
- Communication patterns in clinical outcomes
- Working safely without re-exposure
- Integrating trauma-informed care into clinical practice
- Supporting long-term patient resilience



### About Ulf Sandström

Ulf Sandström is a trauma specialist, mental trainer, and co-founder of the Peaceful Heart Network.

He has extensive international experience working in both clinical and humanitarian contexts, supporting individuals and communities affected by trauma, conflict, and chronic stress.

Ulf is widely recognised for his ability to translate complex trauma science into practical, ethical, and clinically applicable tools that support regulation, resilience, and recovery.

His work integrates neuroscience, psychology, somatic regulation, and communication skills to enhance therapeutic effectiveness and patient outcomes.

Please note: no refunds of seminar fees will be given for cancellations received after 31 August 2026. Cancellations received on or before 31 August 2026 will be refunded minus a £100 administration fee.