

6<sup>th</sup> World Congress on

# Mental Health, Psychiatry and Wellbeing

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ACCEPTED ABSTRACTS

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## Discovering me inside and out

**Ashley Scotland**

Thriving Survivors Ltd., UK

A true and inspiring story of a survivor who now thriving and helping others to do the same. I will share my life story of the women who were trapped in a life that had no meaning, purpose or hope until using Dr. Judith Lewis Herman's research on Trauma and Recovery to give my life meaning and purpose once again. Delegates will be taken on a journey as I talk about

my experience as a survivor of rape and domestic violence, how I overcame these dark days and 8 years of agoraphobia through the use of my recovery toolkit that was primarily based on Herman's work. Delegates will hear how using Herman's model of recovery I created a business that has disrupted the field of recovery in Scotland by helping survivors return to a meaningful life. Thriving Survivors Ltd. was born whilst I myself was still in recovery, by using my personal life experience and turning my unique recovery toolkit into an 8 week Discovering Me training

programme for survivors I was soon at the point of launching my very own business. Delegates will learn of course that my journey doesn't stop here, in fact, it only just begins as I embark on my very own meaningful life that for so many years I thought was going to me. Delegates will get a unique insight into the mind of a Thriving Survivor, hear a story of hope and inspiration not just of one but of many as I explain how I have taken a psychological theory and put it into practice to gain life-changing results for those I work within the United Kingdom.

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