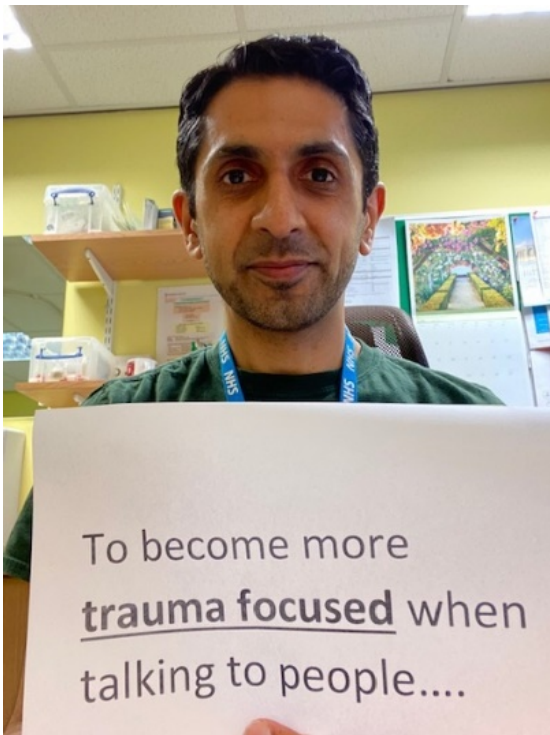




Adversity, Trauma and Resilience

“To become more trauma focused.”



Dr Asim Suleman (General Practitioner – Bradford)

June 2021

I will endeavour to take the time to listen effectively to people who have chronic diseases. My specialism is Chronic Pain and I have started to shift my focus away from trying to ‘fix’ people and more towards understanding what people’s needs are.

I have been making a conscious effort to ask about trauma and in particular adverse childhood experiences (ACEs). I pledge to also help educate and help clinicians talk about trauma when managing people. The NHS should become trauma-informed and trauma-focused.

