



Adversity, Trauma and Resilience

This is my pledge:



Dr James Thomas

Clinical Chair of Bradford District
and Craven Clinical Commissioning
Group

Chair Clinical Forum West Yorkshire
and Harrogate, Health and Care
Partnership

Date here 15/06/21

I pledge to improve my knowledge to better understand the impact and the repercussions of adversity and trauma on individuals and their families. By doing this, as a clinician, I am able to then have more meaningful consultations that really supports, facilitates and enables more personalised care that makes a real difference to the person and their resilience. Building better understanding and sharing with the person to find solutions that work for the person.

