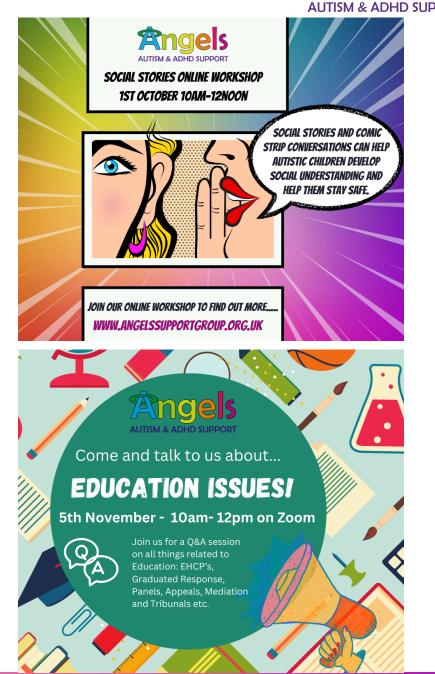
Our Workshops - Autumn/Winter Term 2024







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RSD is commonly associated with ADHD, it is a condition that causes people to experience intense emotional pain when they feel rejected or fail. People with RSD may have difficulty regulating their emotions and behaviours related to rejection. This can lead to them having heightened negative feelings and severe emotional pain that's hard to control.

Join our online workshop to discuss RSD and ways to help someone who is experiencing this.

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