



Moon Shadow

Frequently Asked Questions

1. What is Moon Shadow?

Moon Shadow is a new 6 month fortnightly therapeutic program for women with Complex PTSD developed by an award-winning multi-disciplinary team at Recovery Code X.

It was established to meet a growing demand for a more indepth program open to women living in the United Kingdom.

Recovery Code X is the only centre focused on Complex PTSD in the UK (as far as we are aware at the time of publication).

The Moon Shadow program combines several elements that make it unique and effective for women experiencing difficulties linked to childhood trauma and abusive relationships later in life. These include:

- Two sessions per month. Session One - psycho-educative on a theme that has come up in the group, and Session Two - reflective, sharing, support.
- Somatic exercises and mindfulness practices to relax and calm a dysregulated nervous system.
- Psycho-education and insight into the neurobiology of trauma to help you make sense of your difficulties, reduce self-blame. We use everyday language and examples to make topics easy to understand.
- Facilitators have lived experience of Complex PTSD and recovery, trained as counsellors and complementary practitioners. Shamanics is one of the unique influences in our programs.
- The facilitators co-design sessions responding dynamically to the needs of group members under the supervision of counselling psychologists specialising in Complex PTSD.
- We create a safe environment that builds trust and overcomes barriers to engagement by being among people who understand.
- Facilitators, and sometimes group members themselves, become 'catalysts' for self-transformation as the program progresses.
- We provide encouragement and guidance for 1:1 counselling for Complex PTSD, signposting, referrals.

2. What is shamanics?

The term 'shamanics' was coined in 1994 by the late British college lecturer, journalist and author, Kenneth Meadows, who studied shamanic teachings under Native American, British, Scandinavian, and other European shamans. Shamanics is a contemporary form of shamanism based on the principles and core practices of shamanism from various tribal sources to form a broad discipline.

Our Moon Shadow facilitators, Melanie and Analisa are Shamanic Practitioners able to draw on ancient shamanic knowledge and techniques for healing trauma and self-empowerment. They use methods found to be effective for themselves and when working with clients.

3. Why is it called 'Moon Shadow'?

This is a service aimed at women, and the moon has anciently been regarded as representing the feminine principle. Among some Northern European tribal communities, the moon presents four phases of a woman's life: the young maiden (waxing moon), mother (full moon), enchantress (waning moon) and old woman (dark unseen moon).

The moon is closely linked to water and the emotions, especially those connected with the past. Moon Shadow is here to help shed light on the shadows of the past, be witness to that which is seeking expression, without blame or shame. Like the Greek Moon Goddess, Hecate, we walk beside you in those darker places, where difficult emotions and beliefs lie hidden or suppressed and help you understand patterns, be catalysts for change.

4. Is it a free service?

We wanted to create a private service that truly responds to group needs and reaches out beyond our borders to the rest of country. For this reason, we are charging a fee of £65 per two-hour session, a total cost of £130 per month for two sessions. The fee is payable in advance. There is a two-week cooling off period after session one. After that, fees are non-refundable.

5. How do I get a place on Moon Shadow?

We will email you a link to the online registration form. If you experience difficulties with the form, a member of our team can help. Our clinical team will be involved in assessing applications to ensure suitability for Moon Shadow. We will get in touch with applicants if we have any questions.

6. I am interested in the program but would like to speak to someone?

We are pleased to offer a complimentary FREE 15-minute consultation to address any questions you may have. **Contact us by email: admin@recoverycodex.org or call 07389 104755.**

7. Do you need a diagnosis?

If you have received a diagnosis from a psychiatrist, you are eligible. If you self-identify with the core symptoms of Complex PTSD you are also eligible. Symptoms are listed in the registration form.

8. Why Recovery Code X?

Recovery Code X Community Interest Company (CIC) was founded in February 2019 by a team put together by Analisa Borneo. The organisation was established to address gaps in treatment for individuals experiencing symptoms of Complex PTSD, offer peer-led support with a therapeutic holistic approach.

Recovery Code X was set up to be 'survivor led' – that is, to employ people self-identifying or diagnosed with Complex PTSD who have experienced profound life-changing recovery and self-transformation and trained in clinical psychology, counselling and/or therapeutic modalities.

Managing Director Analisa learned from personal experience that there is no clear treatment route for Complex PTSD recovery and set out to create a centre that could be a hub of expertise providing guidance, counselling and holistic complementary therapies to those seeking help.

9. Where in the UK are you based?

We are based in Bedfordshire, UK.