

The Many Faces of Trauma Workshop:

With our own trauma history and/or the ongoing clinical and case-management work we are deeply involved with, we can't help but be affected emotionally and physically by what we see and hear. These situations can cause us to experience a paradigm shift in our worldview and begin to cause erosion within ourselves. This workshop will touch on different types of trauma and address possible residual effects that we might store in our bodies. Brainspotting and other Brain/Body therapies will be used in an interactive group setting to learn how to address these concerns. Come, ready to gain insight into our own process, as we continue to help others.