

# Trauma Responsive Play

February 28, 2019 | 9:00 am - 4:30 pm



## Did you know that adult-child play creates a life-long template for emotional resilience?

It's how we play with children – not how much – that gives them a natural advantage in coping with childhood stressors and builds confident, competent, creative thinkers who are better prepared to step up to life's curveballs. Through play, children learn how to stay calm in the face of difficulties, observe and describe their emotions, try on flexible perspectives, act on their own initiative, and experiment with new solutions until the problem is solved.



Georgie Wisen-Vincent  
The Center for Connection

In this interactive training parents and professionals will learn how to support children in developing the brainpower to counteract everyday stress as well as extreme forms of trauma - and the challenging behaviors that sometimes arise out of these survival moments. Join us to learn key strategies for boosting a child's emotional immune system so they can navigate the challenges of growing up feeling brave, optimistic, and solution-focused.

### Topics covered:

- The research connecting socially engaged play and resilience
- How playful attunement builds brains from the bottom up inside in our bodies
- Strategies to activate and shape a child's brain
- Self-regulation strategies for the adult
- The neuroscience of play

### Fees

Early Bird \$95, Standard \$125  
Group fee is \$75 per person, there is a minimum of 3 people to qualify  
Partial scholarships available, visit our website for details

### Time & Location

9:00 am - 4:30 pm, registration starts at 8:30 am  
The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012  
Free parking is available at The California Endowment

### Continuing Education

For each training, 6 CE credits are available for an additional \$30.  
Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

**For additional requests, accommodations, questions, or grievances about this training contact us at [training@echotraining.org](mailto:training@echotraining.org) or (213) 484-6676**