

Dating & Intimacy After Trauma



April 2, 2020 | 9:00 am - 4:30 pm



Many people find their ability to connect and form intimate relationships altered following interpersonal trauma. Trauma survivors often report a decrease in relationship satisfaction, along with impaired expression of emotion, sexual activity, intimacy, communication, and adjustment.

This workshop will provide an overview of the emotional, psychological and social impact of interpersonal trauma on dating and forming intimate connections. Strategies will be

given to assist in identifying and processing damaging and destructive relational behaviors in order to reconstruct healthier relationships.

Participants will learn:

- The brain and body's response to trauma
- The differential impact of public and private trauma
- Trauma and the attachment response
- The importance of self-compassions
- Strategies to facilitate reconnection



Dr. Erica Holmes
Director of the Psychological
Trauma Studies Specialization

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 or (213) 484-6676