

# Trauma & Resilience Part II Training



October 25 - 26, 2021 | 10:00 am - 1:30 pm



**Following on from the successful Trauma & Resilience Part I Training, Echo brings you a second, more advanced training to continue the exploration of trauma.**

This is a chance for you to deepen your knowledge about trauma, resilience and post-traumatic growth. We will examine the impact of toxic stress on child development and dive deeper into the science behind how the brain and body responds to trauma. You will also have an opportunity to learn how to create the conditions that foster resilience and post-traumatic growth.

## This training will cover:

- Different types of trauma
- The effect of trauma on relationships, the body and the brain
- Survival responses
- Adverse Childhood Experiences Study
- Emotional regulation strategies
- Tools for empathetic connection
- Trauma-informed care



**LOUISE GODBOLD**  
*Echo Executive Director*

## Details

Cost: \$55  
10:00 am - 1:30 pm, sign-in starts at 9:45am  
Live training via Zoom

## 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.

## Contact Us

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