

# Trauma & Resilience Part I Training



February 7 & 8, 2022 | 10:00 am - 1:30 pm



**Echo brings you a one-day training on trauma and resilience for trauma survivors and professionals working with survivors. It provides a solid grounding in the cutting-edge science behind trauma and resilience as applied through survivor wisdom and insight.**

Did you know that childhood experiences can affect your physical health as an adult? That toxic stress makes us more sensitive to things like sound? Or that it affects learning and memory? That safe, stable nurturing relationships can heal trauma?

## This training will cover:

- The impact of trauma on the body and brain
- Adverse Childhood Experiences Study
- Survival responses
- Impact of trauma on behavior and relationships
- Emotional regulation strategies
- 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.