

# Trauma-Informed Mindfulness



**April 28th, 2023** | 9:00 am - 4:30 pm



**Mindfulness is often recommended for stress, but can it sometimes do more harm for those who have experienced toxic stress and trauma?**

In this new, experiential training, Laurie will introduce you to mindfulness for trauma survivors. She builds on secular meditation practice with modifications

and skills to help the survival brain and nervous system calm down so that trauma survivors may also enjoy the benefits of mindfulness.

Maybe you've been curious about mindfulness but as a trauma survivor have not felt safe enough to try it. Maybe you work with students, families, or communities and want to incorporate mindfulness-based practices in a safe and non-harming way. If that is you, we invite you to come explore all that mind-body practices can offer. laying the foundation to develop your Resilient Brain.



**LAURIE COUSINS**  
*Mindfulness Teacher & Echo  
Trained Facilitator*

## Details

Cost: \$55  
Location: The California Endowment, 1000 N Alameda St. Los Angeles  
Free parking is available on The California Endowment premises

## Continuing Education

For this 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.