

Trauma Responsive Play



January 29, 2026 | 9:00 am - 12:30 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.

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



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*Head of Faculty,
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Details

Cost: \$85; \$70 early bird (until 12/29/25)
Location: Live training via Zoom. Zoom link and extra details will be sent out a week prior to the training date.

Continuing Education

For each training, 3 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 or (213)484-6676.