

From Principles to Practice: Becoming Trauma-Informed



May 21, 2026 | 12:00 pm - 3:00 pm PST



A trauma-informed approach is essential for survivor healing and recovery.

This virtual workshop offers a space to bring the approach to life by building your capacity to shift power and agency to survivors. Using principles adapted from the Substance Abuse and Mental Health Services

Administration—safety, trust, togetherness, collaboration, agency, and belonging—this workshop provides you with a framework to reflect on your role as a helper and ideas for deepening your connection with yourself and those you support. For each principle, you will have the opportunity to practice at least one way to sprinkle this approach into your work.

This training covers:

- The principles of a trauma-informed approach
- Concrete ways to implement each principle
- Opportunities to practice the skills of a trauma-informed approach



ANDI FETZNER, PsyD

Details

12:00 pm - 3:00 pm, sign-in starts at 11:45am
Live training via Zoom

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.