Trauma-Informed Journalism

May 28, 2026 | 8:30 am - 12:00 pm

Echo presents a training expressly for reporters, editors and producers on the science of trauma. The training will examine the impact of trauma on the brain and body, as well as the underlying biological and psychological processes that can help us make sense of survivor behavior.

We provide practical tips and skills for implementing trauma science in the service of better stories and improved interactions with survivors.

Reporters are no strangers to interviewing trauma survivors, but even the most seasoned journalists can sometimes struggle to understand a survivor's reactions. Reporters may worry that they are causing further harm and feel ill-prepared and ill-equipped to navigate the trauma minefield.

In this training, Echo's executive director, Louise Godbold, draws on over a decade of work as a trauma educator, as well as insights from her personal experience as a public survivor and that of the many MeToo survivors she has helped.

This training is suitable for any journalist or editor who has some experience working with trauma survivors or who would like to know more.

At the end of this training you will be able to:

- List the principles of trauma-informed practice
- Describe the impact of trauma on the body and brain
- Identify common trauma responses
- Explain the differences between trauma memory and regular memory
- Utilize tools for emotional regulation (for self and interviewee)
- Practice skills to avoid retraumatization
- Implement strategies for improved collaboration
- Apply methods that contribute to the survivor's healing and wellbeing
- Implement practical strategies for supporting a survivor in telling their story
- Utilize techniques that increase the accuracy and veracity of the reported story
- Identify common positive and negative impacts of the media on trauma survivors
- Integrate trauma-informed strategies into storytelling practice

Details

Cost: $150; $125 early bird (until 04/28/26)
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, accomodations, questions, or grievances about this training contact us at training@echotraining.org or (213)484-6676.