Creative Arts for Trauma Recovery

March 3, 2027 | 9:00 am - 4:30 pm



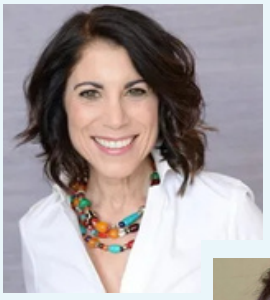
Echo is partnering with HaGomel for a training that will explore how the embodied practices of the expressive arts can support trauma survivors in releasing hypervigilance, withdrawal, and fear while increasing their sense of safety, self-regulation, and self-esteem.

This training will cover the following:

- The Neurobiology of Safety as a Response to Trauma and Fear
- Overview of the Expressive Arts
- Mindfulness techniques as means of self-regulation
- Creative drawing and writing exercises for self-awareness
- Relational Safety and how it affects self-regulation and self-esteem
- SoulCollage® Card creation as a method of self-exploration and healing

At the end of the training, participants will be able to:

- Identify signs of dysregulation in themselves and others
- Practice 3 mindfulness tools to regain equilibrium
- Identify bodily sensations of safety and translate those into movement, visual representation, and writing
- Identify the experience of relational safety and practice tools for finding "the right place" in relation to others
- Utilize the practice of SoulCollage® to explore various aspects of themselves and their community along with an inquiry method to go deeper with the process



Elya Braden
HaGomel Founder & President



Annette Torres
HaGomel Program Manager

Details

Cost: $135; $95 early bird (before 02/17/27)
Location: The California Endowment, 1000 N Alameda St. Los Angeles
Free (limited) parking is available on The California Endowment premises

Continuing Education

For each training, 6 CE credits are available for an additional $35.
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.