



Neurobiology of Trauma through the Autonomic Nervous System

Ruby Jo Walker, LCSW, SEP, CHT

Friday, November 1, 2019 9 am to 4:15 pm

Location: Parker Library, Douglas County Libraries, Event Hall B, 20105 Mainstreet, Parker, CO 80138

Cost/Registration: \$175 for early registration/\$195 for registration after October 16, 2019

Registration: Please visit <https://www.rubyjowalker.com/reg-payment.html> and select this event

This trauma-informed workshop is applicable for professionals across fields as well as individuals interested in understanding trauma on a deeper level. Within this day-long training, participants will gain a clearer understanding of trauma and how it is held in the body, as well as its presentation in the nervous system. Trauma states, including behaviors, emotions, and physiological presentations will be covered. We will also explore the Adverse Childhood Experiences Scale (ACES) in a way that both further illuminates the effects of trauma in life and demonstrates how to utilize this material for the benefit of ourselves and our clients.

This workshop is based on the work of Bessel Van der Kolk, Dan Siegel, Peter Levine, Steven Porges, Rick Hanson and others in the field. It will include lecture, video, practice, and exercises designed to increase comprehension of the neuroscience and biological basis of trauma. 6 CEUs are available.

Questions: Please contact Megan Burch at megan@joycreekcounseling.com