



The Body in Grief: Supporting the Body in Somatic Healing

FREE: 3 IDFP CEU's for LSW/LCSW, LPC/LCPC, Psychologist and IAODAPCA (pending)

This training will include an overview of different types of losses and the various forms grief can take shape for clients. Traumatic themes that emerge in loss will be presented in addition to the losses that result in embodied traumatic reactions. Participants will learn about the impact loss has on the nervous system and body and how to support resilience and regulation amidst grief.

Attendees will have an opportunity to reflect on how their own experiences with loss impact their capacity to be an embodied support and witness to their clients. Reflective somatic exercises will be included to assist attendees in gaining a deeper understanding of the somatic impact of loss and transformative healing for self, families, and communities.




Becky Carter, LCPC
Licensed Trauma Therapist at
Family Resilience Group

LOCATION

 McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

DATE & TIME

 August 16, 2024
9:00 am - 12:00 pm



Contact Kris Doherty

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[EVENT LINK](#)