



World Trauma Day

From Shadow to Light: Reclaiming Your Story



FREE: 5.5 IDFPR CEU for LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA

Please join us for World Trauma Day as we explore how to identify, understand, and re-author the stories that define us. We'll look at the role of self-talk in shaping these stories and how our experiences impact the narratives we carry.

We'll also dive into techniques for reshaping self-limiting beliefs, drawing from the practices of narrative therapy, mindfulness, and self-compassion.

Imagine the freedom and growth possible when we and our clients can consciously craft an identity that empowers us, and aligns with our true values, strengths, and potential.

> Friday, October 17, 2025

> 9:00 am - 3:30 pm

> McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

 **Registration Link** >>>



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