

TRAUMA 101:

KEY PRINCIPLES AND PRACTICAL APPROACHES

FREE: 1.5 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (Pending)

This training introduces trauma-informed basics, distinguishing developmental trauma from shock trauma and showing how each affects emotions, thinking, and the body. It explains how trauma disrupts the stress-response system and clarifies that reactions stem from neurobiology, not character.

Participants learn simple mindful, expressive, and somatic tools, along with an overview of effective trauma therapies, and leave with practical skills to support clients safely.

This is not a series. This same session is repeated every couple of months.

THURSDAY'S

 **March 12, June 11, August 13, November 12**

 **2:30 pm to 4:00 pm**

 **VIRTUAL TRAINING ON ZOOM**

REGISTER NOW



Training Coord: Kris Doherty
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Gary Rukin, LPC

*Trauma Informed Coordinator for the
McHenry County Mental Health Board*