



CPTSD AND FRAGMENTATION IN THE WAKE OF COMPLEX TRAUMA

FREE: 5 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist, and
IAODAPCA (Pending)

Fragmentation and dissociation are adaptive responses to trauma, especially when escape, resistance, or support isn't possible. Survivors—particularly those abused in early childhood—develop ways to protect themselves and maintain functioning. This training explores the full spectrum of dissociation, from numbing and disconnection to severe disruptions in memory, identity, perception, and body awareness. Participants will learn to recognize trauma-related fragmentation, understand dissociative disorders, identify symptom patterns, and apply contemporary treatment approaches.



There will be a 1 hour lunch on your own.

FRIDAY



May 29, 2026



9:00 am to 3:00 pm



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

REGISTER NOW



**Training Coord: Kris Doherty
kdoherty@mc708.org**



**Becky Carter,
LCPC**