



North Shore Wellness Services, Ltd.

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NSWS is a **counseling and wellness** facility dedicated to **service** excellence for our clients, **education** for professionals and the public, and **research** aimed at making mental health delivery services appropriate, responsive, and effective.

TRAUMA: The Education & Recovery Series

This series of workshops is designed for everyone who wants to explore trauma. What constitutes trauma, how it is experienced, what paths of recovery can look like, and life after trauma recovery will all be addressed. Although the complete series offers the most comprehensive exploration of trauma and recovery, each class is a stand-alone unit, and can be taken independently of the others.

Information and on-line registration at www.northshorewellness.com

Introduction to Trauma

Friday, January 16, 2009 ♦ 9-12pm – 3 CE Credits ♦ \$50/\$65 on site

Join the conversation as we explore

- **What constitutes trauma, and why is something traumatic for one person not traumatic for another?**
- **What is the interplay between thoughts, feelings, and behavior during a traumatic experience?**
- **What is the history and success trauma treatment?**
- **Treatment Options: An in-depth look at Systematic Desensitization**

Find out how all of our clients have experienced moments of traumatic encoding and how we can help them on their journey to emotional healing.

The Personal and Interpersonal Manifestations of Trauma

Friday, January 23, 2009 ♦ 9-12pm – 3 CE Credits ♦ \$50/\$65 on site

If a behavioral understanding of human nature would predict that people learn to avoid environments that trigger traumatic response, why do we so often recreate and recapitulate relationships that have hurt us in the past? Explore how trauma is experienced personally and interpersonally.

- **Why do painful patterns in relationships persist from one relationship to the next?**
- **How can we gently help ourselves and others to shift from an external to internal locus of control in our relationships?**
- **Treatment Options: Exploring Person-Centered Treatments: EFT, EMDR, HMR**

Join the conversation and find out trauma encoding and how we can help them on their journey to emotional healing.

Trauma & Emotional Regulation

Friday, January 30, 2009 ♦ 9-12pm – 3 CE Credits ♦ \$50/\$65 on site

Explore how trauma is related to emotional regulation issues.

- **How do unregulated emotions undergird personality disorders and interpersonal difficulties?**
- **How can we empower ourselves and others to regulate behavior and emotions?**
- **Treatment Options: Support Groups, Education, and Eclectic Treatment Options**

Learn about clearing out personal debris that often gets in the way of recovery.