Dating & Intimacy After Trauma



October 26, 2020 | 8:00 am - 12:30 pm



Many people find their ability to connect and form intimate relationships altered following interpersonal trauma. Trauma survivors often report a decrease in relationship satisfaction, along with impaired expression of emotion, sexual activity, intimacy, communication, and adjustment.

This workshop will provide an overview of the emotional, psychological and social impact of interpersonal trauma on dating and forming intimate connections. Strategies will be

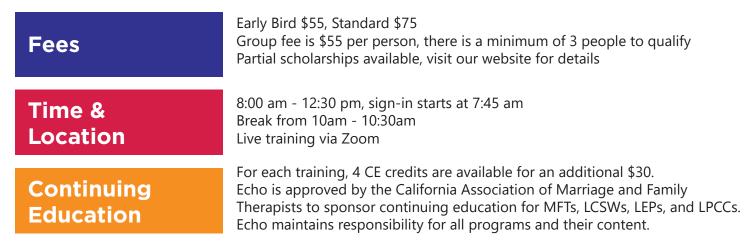
given to assist in identifying and processing damaging and destructive relational behaviors in order to reconstruct healthier relationships.

Participants will learn:

- The brain and body's response to trauma
- The differential impact of public and private trauma
- Trauma and the attachment response
- The importance of self-compassions
- Strategies to facilitate reconnection



Dr. Erica Holmes Director of the Psychological Trauma Studies Specialization



For additional requests, accommodations, questions, or grievances about this training contact us at training@echotraining.org or (213) 484-6676