

# 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

## Fees

Early Bird \$55, Standard \$75

Group fee is \$55 per person, there is a minimum of 3 people to qualify  
Partial scholarships available, visit our website for details

## Time & Location

8:00 am - 12:30 pm, sign-in starts at 7:45 am

Break from 10am - 10:30am

Live training via Zoom

## Continuing Education

For each training, 4 CE credits are available for an additional \$30.

Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

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