

Trauma & Resilience Part II Training



April 8th & 9th, 2025 | 8:30 am - 12:00pm



Following on from the successful Trauma & Resilience Part I Training, Echo brings you a second, more advanced training to continue the exploration of trauma.

This is a chance for you to deepen your knowledge about trauma, resilience and post-traumatic growth. We will examine the impact of toxic stress on child development and dive deeper into the science behind how the brain and body responds to trauma. You will also have an opportunity to learn how to create the conditions that foster resilience and post-traumatic growth.

This training will cover:

- Different types of trauma
- The effect of trauma on relationships, the body and the brain
- Survival responses
- Adverse Childhood Experiences Study
- Emotional regulation strategies
- Tools for empathetic connection
- Trauma-informed care



LOUISE GODBOLD
Echo Executive Director

Details

Cost: \$85 (\$55 early bird - before 12/31/24)
8:30 am - 12:00 pm, sign-in starts at 8:15am
Live training via Zoom

Continuing Education

For each training, 6 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.

Contact Us

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