

Empowerment for Survivors of Domestic Violence



March 20, 2025 | 10:00 am - 2:30 pm PST

There are many trainings on domestic violence for professionals but relatively few for domestic violence survivors.

At Echo, we believe it is important to provide information on trauma to survivors as well as the professionals who serve them. This approach has benefits for the professional as well, since we believe that the survivor's perspective is paramount and that understanding and responding to the trauma survivor's experience is the heart of trauma-informed care. We believe that for survivor healing, we must position the survivor as an equal partner in their own care and that anyone in a supporting role must leave room for survivor empowerment.

The trainer, Karen Gonzalez, has experience both as a domestic violence survivor and as a professional working in domestic violence/human trafficking services. In addition to the expertise gained in her professional capacity, she can also speak with authority about the survivor experience and is a strong advocate for survivor empowerment.

The target audience for this training is domestic violence survivors and any professional who is willing to learn from the survivor perspective.

At the end of the training you will be able to:

- Explain the physical, emotional, and psychological effects of trauma
- Identify common responses to trauma and recognize the lasting impact of trauma on your life
- List the principles of TIC and use that knowledge to set expectations about the care you should receive
- Describe domestic violence dynamics, including red flags and warning signs.
- Illustrate the complexities of power and control dynamics through tools like the Power and Control Wheel
- Identify common triggers
- Explain the concept of re-traumatization
- Develop strategies to provide psychological safety and for emotional regulation
- Advocate for the importance of respecting survivors' autonomy and choices
- Practice effective communication, empathy, and self-care



KAREN GONZALEZ

Details

10:00 am - 2:30 pm, sign-in starts at 9:45am
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.

Contact Us

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