

Trauma Science for Reporters



February 19, 2025 | 8:00 am - 11:30 am



Echo presents a training expressly for reporters, editors and producers on the science of trauma. The training will examine the impact of trauma on the brain and body, as well as the underlying biological and psychological processes that can help us make sense of survivor behavior. We provide practical tips and skills for implementing trauma science in the service of better stories and improved interactions with survivors.

Reporters are no strangers to interviewing trauma survivors, but even the most seasoned journalists can

sometimes struggle to understand a survivor's eactions. Reporters may worry that they are causing further harmand feel ill-prepared and ill-equipped to navigate the trauma minefield.

In this training, Echo's executive director, Louise Godbold, draws on over a decade of work as a trauma educator, as well as insights from her personal experience as a public survivor and that of the many MeToo survivors she has helped. Joining us will be many prominent journalists who have covered MeToo stories to share their own tips for working with trauma survivors and provide case studies for discussion.

This training is suitable for any journalist or editor who has some experience working with trauma survivors or who would like to know more.

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

- List the principles of trauma-informed practice
- Describe the impact of trauma on the body and brain
- Name the four survival responses
- Identify common trauma responses
- Explain the differences between trauma memory and regular memory
- Utilize tools for emotional regulation (for self and interviewee)
- Practice skills to avoid retraumatization
- Implement strategies for improved collaboration
- Use methods that contribute to the survivor's healing and wellbeing
- Apply techniques that support a survivor in telling their story
- Produce deeper, richer and more compelling stories

Details

8:00 am - 11:30 am, sign-in starts at 7:45am
Live training via Zoom

Continuing Education

For each training, 3 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, accomodations, questions, or grievances about this training contact us at training@echotraining.org or (213)484-6676.