



Cont. Ed: Advanced Trauma Informed Care: Going Beyond the Lens - State of the Art Techniques to Provide the Emotionally Reparative Experience

Training Description:

This session goes beyond the principles of Trauma Informed Care and into the specifics of the healing and recovery process.

- We will explore both well-established evidence-based practices and emerging techniques for resolving post-traumatic stress.
- We will review the Polyvagal Theory and take a look at how therapists have developed specific applications and protocols.
- And, as always, we will allow time for self-care with opportunities to practice somatic-based exercises you can use yourself and share with the people you serve.



Robin Lickel is a dually-licensed psychotherapist and addictions specialist who has been supporting recovery for 15 years. She has pursued specialized training in treating complex trauma and dissociative conditions. She offers a monthly consult group for her colleagues at Journey and has hosted a group for women with dissociative identity disorder (DID). She is the adoptive mother of a litter of kittens and relies on hortico-therapy and disco dancing for self-care.

Date : Thursday, June 22, 2023
Time: 9:00 a.m. to 12:00 p.m
Presenter: Robin Lickel, LPC, CSAC
Cost: \$75
Venue: Zoom



3.00 NBCC CE Hours*

*Journey Mental Health Center has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.6760. Programs that do not qualify for NBCC credits are clearly identified. Journey Mental Health Center is solely responsible for all aspects of this program.

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