

Transforming Childhood Trauma

Healing Heart, Mind & Body

12-Hour Online Course

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\$250 Course Fee

2 Graduate semester credits, CEUs & Clock Hours available. Certificate of training hours provided.

Transform your understanding of trauma and help youth recover the promise of childhood.

Learn a strength-based approach for working with childhood trauma that engages the whole child, including their physical, mental and emotional resources to promote healing, develop resilience and support growth.

Integrate evidence-based tools, such as yoga, mindfulness and social-emotional learning activities, into your work with youth (ages 3-18) to safely release stress, regulate the nervous system, express and integrate feelings, and attend to the present moment.

Put the latest trauma theory into practice by learning how to build resilience “toolkits” and lesson/treatment plans from identified family and cultural strengths, community support, and self-care practices. This practical approach can help youth in various settings, including schools, hospitals, clinics and private practice.

You’ll also gain skills to help you manage your own stress, trauma and post-trauma reactions from personal and professional experiences – benefiting your work, relationships and well-being.

This course is particularly useful for teachers and school counselors, though parents, foster/adoptive parents, clinicians, social service workers or anyone working with youth will benefit.



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Register at YogaCalm.org

Questions? info@yogacalm.org