

THE IMPACT OF TRAUMA ON WOMEN



Description

This presentation aims to provide insights into the various causes of trauma experienced by women throughout their lives and how it manifests within their bodies, cognition, relationships, and societal roles. Emphasis will be placed on understanding the long-term impacts of childhood adversity on self-esteem and confidence, as well as acute traumatic events leading to Post-Traumatic Stress Disorder (PTSD). Participants will learn about risk factors that contribute to recurring trauma, including the Adverse Childhood Experiences (ACE) study as well as the impacts of gender and cultural bias that add further layers of adversity. The training will shed light on the cascading effects of trauma on women and its intergenerational impact, as well as strategies for providing compassionate support across disciplines, and appropriate referrals to treatment. Additionally, participants will gain knowledge about interventions and holistic approaches to healing. This engaging and informative event is designed to equip professionals in helping fields with the knowledge and skills necessary to make a meaningful difference in the lives of women who have experienced trauma.

Objectives

1. Understand how trauma manifests in women across different life stages and its intergenerational impacts.
2. Learn techniques for interacting with and assessing individuals who have experienced varying degrees of trauma.
3. Identify the stages of change and develop strategies to support people at different points in their life journey.

Instructor Bio

Marie Selleck, LMSW, CAADC is a licensed therapist and owns her practice in Grand Rapids, MI. She specializes in the treatment of PTSD using Cognitive Processing Therapy (CPT), substance use disorders, anxiety disorders, and adults with emotionally unavailable parents. She helps her clients find confidence, happiness, and security by equipping them with the education they need to better understand their history, and how it has impacted their conditioning and thinking patterns. Marie helps adults unlearn the beliefs about themselves and the world that cause them distress, and in turn, teaches them how to lean into their worth and personal values so they are true to themselves. Marie has been in the social services field for over 15 years and has been a practicing therapist for the last 8.



TUESDAY, FEBRUARY 18, 2025
9:00 AM - 12:00 PM



ONLINE VIA ZOOM

COST : \$ 59
CE CREDITS : 3.0

COURSE LEVEL: BEGINNER