



Restoring Balance Consulting

TRAUMA SUPPORT TRAINING SEMINAR

Two Day Online Seminar

Workshop Overview

This two-day online seminar is designed for community workers and caregivers who support individuals who have experienced trauma. Participants will gain a comprehensive understanding of how trauma affects the mind, body, and spirit and how it influences brain structure, childhood development, behavior, health, and overall community well-being.

The seminar will also focus on effective communication techniques to help guide clients through moments of emotional triggering or recent traumatic experiences, allowing them to safely release stress and emotion from the body.

In addition, participants will learn practical strategies to manage chronic stress and lateral violence in the workplace, while engaging in healing and self-care exercises designed to promote personal resilience.

Each participant will receive a Trauma Support Training Manual and a Certificate of Completion.



January 22nd & 23rd, 2026

Registration Fee: \$289.00

Time: 9:00am - 1:30pm (4.5hrs)
pacific standard time

To register or for more information, please visit:
www.restoringbalanceconsulting.com
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