

Trauma and the Birth Process

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This workshop will address the basics of trauma, the impact of trauma neurobiologically, and ways to identify trauma reactions and response. As well as, ways to ground your client.

- What is trauma
- What is Trauma Informed Care
- Why birth can trigger trauma responses
- A brief and basic understanding of the neurobiology of trauma responses
- Trauma symptoms in adults
- Crisis intervention and grounding
- Secondary Trauma and its impact on you and your clients