

SOMATIC INTERVENTIONS WITH TRAUMA SURVIVORS



Wednesday, June 5, 2024 * 9:00 am - 12:00 pm EST
Online Webinar * \$65/person * 3.0 Contact Hours

When trauma occurs, the tension, anger, frustration, and other emotions associated with it become trapped in one's body and can show up in our body language, physical pain, digestive issues, depression, and anxiety to name a few. Somatic strategies aim to bring homeostasis back to one's body. It's essential to address the relationship between one's mind and body with their past. This training will teach providers somatic strategies to use with clients. These strategies have been shown to help youth regulate their emotions and body, increase self-awareness, reduce stress, and increase physical health.



Dr. Nicole Klasey is a clinical psychologist who has worked with trauma survivors for 14 years. She currently consults with agencies on trauma-informed care, programming for commercially sexually exploited youth, vicarious trauma, and leadership development. Nicole has been training multidisciplinary audiences on trauma-related topics since 2015 and provides guest lectures at local universities on human trafficking. She has developed several of the training curriculums that are being utilized in Los Angeles County and throughout California to better equip social service providers on working with commercially sexually exploited youth. She has been an expert witness on commercial sexual exploitation and trauma in court. She has authored two books on commercial sexual exploitation and authored prevention and intervention curriculums for the population.

Register online at: www.familyservicesociety.org/ce-workshops.html

The Family Service Society Professional Training Institute

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