



11:00 AM-12:30 PM | Thursday May 2, 2019
North Liberty Community Library Room CD | 520 W. Cherry St., North Liberty

The Sexual Health Alliance is a collaborative group that promotes and supports healthy relationships and sexual behaviors in Linn and Johnson counties through community engagement

TRAUMA 101

**PRESENTATION BY TONYA HOTCHKIN LMFT, RPT, CPT
DIRECTOR OF CLINICAL CARE, AT TANAGER PLACE**



Tonya will give a presentation that focuses on relationship enhancement and the importance of connection based healing in the context of trauma. Information regarding ACES, trauma and attachment will be provided to give framework regarding young people and difficult behaviors they may exhibit. Emphasis will be on how to build authentic relationships in order to create adaptive neuropathways and allow for new narratives to be developed. Insight will be given on the brain and how we can change the way we interact with young people who struggle to develop healthy relationships and increase healing opportunities with the brain in mind.

Goals:

1. Identify key components of trauma and ACES
2. Identify key components of the human brain related to traumatic experiences
3. Identify ways to cultivate resilience in youth



**Stronger Children. Stronger Families.
Stronger Communities.**

At Tanager Place, our mission is simple:
To provide services to children and families that inspire, empower and heal.

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SHALJC

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