



How to Heal Trauma With These 3 Steps



Presented By:

Kim Porter, M.Ed., MA

FRIDAY

October 25, 2019

9:00am - 3:00pm

Executive Inn &

Suites Hotel

1755 Embarcadero

Oakland, CA 94606

Event is free to attend &
lunch will be provided

Register now:

[aata.pathwaystowellness.net
/register/](http://aata.pathwaystowellness.net/register/)

To request accommodation or to file a
grievance about an AATA training, go to:
customerservice@pathwaystowellness.net

Target Audience:

Alameda County mental health prescribers, clinicians, any individual, group or organizational provider.

Speaker Biography:

Kimberli is the founder of 4 Points Holistic Wellness, a company that promotes mental and physical health wellness from a holistic perspective. Kimberli is a graduate of CSU Hayward with a bachelor's in Human Development. She also holds a master's degree in education and a master's degree in holistic/trans-personal counseling psychology. Kimberli worked as an educator for 15 years prior to making the transition to full-time counseling, coaching, and training. In 2019 Kimberli became a Reiki master/teacher.

Educational Goals:

This workshop is intended to increase working knowledge of systemic/generational trauma, provide steps for healing trauma and how to work with clients of color using the identified steps.

Learning Objectives:

1. Participants will be able to define and explain systemic and generational trauma
2. Participants will be able to identify and summarize 5 warning signs, 5 triggers and 3 natural responses to trauma
3. Participants will be able to give examples and use 3 different tools in each step in healing trauma



This course meets the qualifications for 5.0 hours of continuing education credit for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP_EI), Provider No. 4C-04-604-0620; for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; and for Psychologists as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content. Please note: in order to receive CE credit, you must attend the full training and complete an evaluation.

Continuing Education Certificates will be emailed to qualifying training participants within 30 days of the training