Past Trauma and Current Relationships

Integrating Nonviolent Communication and Interpersonal Neurobiology

Nov. 5 and 6, 2018  8:30 a.m.–4:30 p.m.

UMaine Hutchinson Center
80 Belmont Ave.  Belfast, Maine

As a participant you will:

• explore how early life experiences including childhood trauma effects how we relate to people now.
• gain clarity about how the brain responds to challenging situations
• experience new insights into your choices so you can build authentic and honest relationships.
• enhance self-regulation, the key to relationships in FUN and supportive ways.
• understand that all your behaviors “make sense” and that NEW choices are possible.

Register Online: hutchinsoncenter.umaine.edu/professional-development

Cost: $150; Scholarships are available  Earn: 1.4 CEUs / 14 contact hours

For more information or to request a scholarship application contact
Diana McSorley, diana.mcsorley@maine.edu, 338.8093

Program presenter Peggy Smith holds a M.A. from the University of Pennsylvania and is a certified trainer with the International Center for Nonviolent Communication with over four decades of teaching experience. Smith is a co-founder of the Maine NVC Network and is at the forefront of bringing empathic thinking and communicating to the midcoast Maine region.

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