Past Trauma and Current Relationships

Integrating Nonviolent Communication and Interpersonal Neurobiology

As a participant you will:

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

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.

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

The University of Maine is an equal opportunity/affirmative action institution.
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Nov. 5 and 6, 2018  8:30 a.m.–4:30 p.m.

UMaine Hutchinson Center
80 Belmont Avenue, Belfast