

Past Trauma and Current Relationships

Integrating Nonviolent Communication and Interpersonal Neurobiology

May 6 and 7, 2019 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 at hutchinsoncenter.umaine.edu/professional-development-programs



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