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

The University of Maine is an EEO/AA employer, and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding nondiscrimination policies: Sarah E. Harebo, Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).