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What is Beneath Trauma?

from a Military Perspective

September 28
9-11am Mountain Time

PRESENTED BY:

Kirsten Belaire, LPC

Summary

We often understand that traumatic events impact us and we are also aware of the survival reactions to trauma. But do we understand the connection between the brain functions and potential innocuous things that could also be reactions to trauma? Do we realize that our clients' behaviors or thought patterns might be direct responses to trauma recovery? This presentation will be a look at these patterns.

Objectives

1. Understand trauma in the brain and the central nervous system responses.
2. Identify behaviors or thought patterns that could indicate a client's attempt to recover from trauma.
3. Increase cultural competence in working with our military community.

PRESENTER BIO

Kirsten Belaire, LPC is the Director of Behavioral Health at Mt. Carmel Veterans Service Center. She is passionate about working with trauma and increasing cultural competence when working with the military community. She is also a lecturer at the University of Colorado Colorado Springs and teaches classes on counseling and military systems.

FOR MORE INFORMATION, CONTACT: Katie Stenger · 716-673-5017 · katie.stenger@summitbhc.com



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