

Join GMT and The BeeHive of Manitou Springs



**For a comprehensive and transformative
Trauma-informed Care
Training!**



March 2 and 3, 2024

8:00am-12:00pm

At

**The MAC Conference Room
515 Manitou Avenue, Upstairs**

This donations-based class (\$225 value) benefits The BeeHive of Manitou Springs and will teach participants how unresolved trauma impacts the lives of everyone. We will discuss: trauma-informed care ♥ types of trauma ♥ impacts of trauma ♥ somatics ♥ behavior patterns ♥ shame/disconnection ♥ ACEs ♥ reactionary hormones ♥ adaptive behavior loop ♥ responses to stimuli ♥ triggers ♥ attachment and attunement ♥ addiction ♥ authenticity ♥ drama triangle dynamics ♥ retraumatization ♥ response flexibility ♥ resilience ♥ holding space ♥ relational interactions.

- ♥ This class is helpful for anyone who is interested in learning to increase their own regulation and self-care practices.
- ♥ This class is ideal for anyone who is interested in learning how to best interact with people with adverse and diverse backgrounds.
- ♥ This class is great for parents who wish to understand their own behavioral patterns in order to nurture a healthy relationship with their own children.
- ♥ This class is meaningful for individuals who work in service of others, such as somatic therapists, mental health professionals, educators, first responders, and client-facing services.

Contact [Jessica Moen](#) for training registration, future training options, and scholarship opportunities:

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