



*illuminating Relevant Clinical Issues
& Networking with Colleagues*

**AN INTRODUCTION TO WORKING WITH ADULTS WHO HAVE
EXPERIENCED COMPLEX TRAUMA**

Many adults who present with anxiety, depression, substance abuse issues, and relationship struggles are survivors of complex trauma. Complex trauma is a series of events, often in childhood, that leave an individual overwhelmed, struggling to cope, and shifting their beliefs and feelings about themselves, others, and the world. Research shows us that secure attachments can guard individuals from trauma and help them develop healthy coping strategies. Complex trauma survivors often did not experience this assistance and developed coping strategies that in the present day have become a hindrance. As therapists, we can help these individuals heal. This talk is an introduction to working with complex trauma survivors as well as a discussion of resources to develop your knowledge further.

Friday, November 1, 2013
7:00-9:00 PM, 3rd Floor, Room 324/326
Networking Begins at 8:30 PM
Pepperdine University - Irvine Graduate Campus



Sandy Hume, LMFT, is a Licensed Marriage and Family Therapist with a private practice in Corona del Mar. Sandy completed her clinical psychology graduate work at Pepperdine University. Her counseling career began at Turning Point Center for Families and Newport Harbor High counseling individuals, couples, and teens. In addition to her private practice, Sandy is an Adjunct Professor at Pepperdine University. Sandy will be teaching the new Trauma in Diverse Populations course at Pepperdine's Irvine campus next semester.

If you are unlicensed, you may be able to get hours towards licensure with your clinical supervisor's approval! This is a FREE event!

Please RSVP to Kathleen Wenger at psyprofdev@pepperdine.edu.

This event is sponsored by the M.A. Clinical Training & Professional Development office.