

Recognizing, Understanding, and Healing Trauma

Workshop



Date: April 29, 2025

Time: 9:00am - 12:00pm

Location: ENMU Main Campus
GSSC Room 216 and online



Dr. Katherine Ortega Courtney

A psychologist, researcher, and life coach dedicated to helping individuals and communities heal from trauma and build resilience. As the co-author of *Anna, Age Eight* and *100% Community*, Dr. Courtney is dedicated to developing trauma-informed systems of care. Her work combines science, spirituality, and real-world strategies to empower individuals on their healing journey.

This workshop will explore what trauma is, how to recognize its impact on ourselves and others and practical strategies for personal healing and self-care. Additionally, we'll discuss ways to support those around us who have experienced trauma, fostering resilience and understanding in our communities.

Register here

