



PHA Trauma Recovery Workshop

with Trauma Therapist Kimberly Winters, LPC, NCC, CAADC, CEFTP

“Trauma is the emotional, cognitive, behavioral, physiological experience of individuals who are exposed to, or who witness, events that overwhelm their coping and problem-solving abilities.”

– American Academy of Experts in Traumatic Stress

Betrayal, suicide, accidents, fires, medical events, rape, crime, natural disasters, loss of a loved one, job loss and/or abuse are all examples of overwhelming events. Untreated trauma can result in anxiety, depression, flashbacks, outbursts of anger, strained relationships, insomnia, unexplained pain, numbness, nausea, brain fog, stomach issues and more. Our goal is to provide a safe place for you to understand the trauma healing process to help with your own journey to wellness.

This Trauma Workshop is a skills and training class for post-high school adults aged 18+. It is NOT THERAPY.

Deadline to register is December 17, 2022.

Location: Psychological Health Affiliates at 3001 Gettysburg Road, Camp Hill, PA 17011

Workshop Schedule: All classes are in-person on Saturdays from 9-11AM at the same location

1/07/23	Class 1: Welcome and Overview – Getting to Know You
1/14/23	Class 2: Trauma and the Brain – Triggers and Healthy Coping Strategies
1/28/23	Class 3: Healing Attachments After Trauma
2/04/23	Class 4: Mindfulness and Other Strategies for Returning to a Calm Body
3/04/23	Class 5: Addressing the Complex Grief and Loss that Accompanies Trauma
3/11/23	Class 6: Overview of Evidence Based Strategies for Addressing Trauma
3/18/23	Class 7: Practicing What We’ve Learned
3/25/23	Class 8: Next Steps: Planning and Sharing What’s Next

Total Cost: \$450 per person for all classes. This is private pay only and not submittable to insurance. Full fee is due by Dec. 26. You do not need to attend all of the classes although there are no refunds nor make-up days for missed classes.

Registration: Email Kimberly Winters at kwinters@PHACentralPA.com or call our main office at 717-665-2675.



Kimberly Winters is a licensed professional counselor and also a trauma survivor. She specializes in acute and chronic trauma, attachment and addictions. Kim brings her insights, humor and understanding to create an engaging atmosphere to learn and grow.

Psychological Health Affiliates is proud to offer this service!

Learn more about us at PHACentralPA.com