



Phoenix Counseling Center Presents

# Beyond Trauma: A Healing Journey for Women

with Dr. Stephanie S. Covington, Ph.D, LCSW



**Tuesday, May 19, 2015 • 8:30am - 4:00pm**

**This event will be held at the Belmont Campus of Gaston College  
Gaston College Kimbrell Campus  
7220 Wilkinson Blvd., Belmont, NC 28012**

## Topics Include:

- Developing gender-responsive services
- Connection between trauma, mental health, and substance abuse
- Trauma-informed services
- Gender differences in terms of risk and response
- Triggers and retraumatization
- Emotional development
- Secondary traumatic stress

Dr. Stephanie Covington is a nationally recognized clinician, author, organizational consultant, and lecturer. Recognized for her pioneering work in the area of women's issues, Dr. Covington specializes in the development and implementation of gender-responsive and trauma-informed services in both the public and private sectors.

Her clients include Betty Ford Treatment Center, The Hanley Center, United Nations Office on Drugs and Crime, The Center for Substance Abuse Treatment in Washington, D.C. She was the featured therapist and consultant on the Oprah Winfrey Network TV show entitled "*Breaking Down the Bars*."

This workshop is based on a woman-centered trauma treatment curriculum, *Beyond Trauma*, designed for use in outpatient, residential, and criminal justice settings. This is a strength based approach using mindfulness, expressive arts, cognitive-behavioral techniques and relational therapy.

**Cost: Early Bird Special (Registering Prior to March 16, 2015) - \$65.00  
After March 16, 2015 - \$75.00**

**SEATING IS LIMITED**

**CEUs / Contact Hours Available. Please call for details.**

**Email questions to [maryb@phoenixcc.us](mailto:maryb@phoenixcc.us) or call (704) 884-2060**

**For more information and online registration, go to: [www.scovington.webnode.com](http://www.scovington.webnode.com)**

**REGISTRATION:** Phone: 704 884-2060, Fax: 704 854-4860 or Online: [www.scovington.webnode.com](http://www.scovington.webnode.com)  
(please be aware that there will be a surcharge to register online)

**Or Complete Form and Mail: Beyond Trauma Conference, 2505 Court Dr., Gastonia, NC 28054**

Pricing: \$65.00 Early Bird, after March 16, 2015- \$75.00. Seating is Limited Make check payable to: Phoenix Counseling Center.

Name (as you want it to appear on CEU or Contact Hours certificate if requested)

Billing Address \_\_\_\_\_  
Phone \_\_\_\_\_ Email Address \_\_\_\_\_  
Type of License\* \_\_\_\_\_ State of Licensure\* \_\_\_\_\_  
License Number \* \_\_\_\_\_ Expiration Date\* \_\_\_\_\_  
MasterCard/Visa # \_\_\_\_\_  
Name on card \_\_\_\_\_ Expiration Date \_\_\_\_\_  
Signature \_\_\_\_\_

[www.scovington.webnode.com](http://www.scovington.webnode.com) • [www.phoenixcc.us](http://www.phoenixcc.us) • Email questions to [maryb@phoenixcc.us](mailto:maryb@phoenixcc.us)

\*Sections must be completed if requesting CEU's/Contact hours (LPC, LPCS and LPCA please add \$15 for processing)

Time	Topic
8:30 am - 9:00 am	Registration and coffee
9:00 am - 10:15 am	Welcome and introductions Overview of the training Definition of trauma Becoming gender responsive Trauma-informed services Gender differences
10:15 am - 10:30 am	Break
10:30 am - 12:00 pm	Process of trauma ACE study Trauma-informed environment Vicarious trauma Introduction of Beyond Trauma and Healing Trauma
12:00 pm - 1:00 pm	Lunch
1:00 pm - 2:30 pm	Beyond Trauma: Therapeutic strategies <ul style="list-style-type: none"><li>• How trauma impacts lives</li><li>• The addiction/trauma connection</li><li>• Grounding &amp; self-soothing</li><li>• Mind-body connection</li></ul>
2:30 pm - 2:45 pm	Break
2:45 pm - 4:00 pm	Beyond Trauma: Therapeutic strategies <ul style="list-style-type: none"><li>• World of feelings</li><li>• Healthy relationships</li><li>• Ending and beginnings</li></ul>

**AGENDA**



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Sponsored in part by a grant from  
Partners Behavioral Health Management

