

# VIRTUAL TRAUMA COPING

- Learn about trauma and it's affects on the mind and body
- Meet peers and discuss success and challenges with experienced trauma
- Find support within your community to help adjust to challenges
- Discuss tools and techniques to attend to challenging changes and behaviors
- Practice ways to have difficult conversations
- Discuss age and stage appropriate development
- Mood regulation skills
- Discover new resources
- Utilize reasonable and practical skills to improve quality of life

This is a great way to improve life, relationships, and global health  
If you are interested please call 703.497.1771 or email [intern@pwfc.com](mailto:intern@pwfc.com)

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- PhD Counseling Education and Supervision (PhD CES) Candidate,
- MS Clinical Mental Health Counseling (CMHC),
- Cert. Mental Health Science (MHS), BS Psychology (Psy), AS Social Science (Soc Sci-Hx emphasis)
- Board Participant for American Mental Health Counselor Association (AMCA)- Diversity, Equity and Inclusion (DEI) Task Force,
- American Mental Health Counselor Association (AMCA)- Public Awareness Committee,
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