

Cultivating Resilience: Understanding the Neurobiological, Emotional & Social Impacts of Trauma



My name is Lauren Hassan. I am a Licensed Clinical Social Worker in Boulder, CO and specialize in working with those who have been impacted by trauma.

In times of adversity, it can be useful to gain a better understanding of trauma — how it impacts the body, brain and our overall well-being. Once we intentionally look at adversity in our own experience, we can then work with it to support integration and resilience. To work toward resilience means to practice ways of thinking, behaving and being that can lend themselves to finding a sense of control, feelings of hope, connection, gratitude and ultimately gaining a sense of meaning and purpose.

Whether you run an organization and are seeking a new way to support staff, leading a group of teachers who are showing up day-after-day to support our children, or someone who would simply like to get a group of friends together — I'd be honored to spend some time with you.

Please join me for a two-part, experiential workshop!

Here are some details:

Session 1 (approximately two hours) — We will learn and then learn some more!

What is trauma? How does trauma impact the body and the brain?

What is resilience?

How does this apply to you in the current context of your life?

Session 2 (approximately two hours) — We will dive into the needs of the group, applying and practicing some of the concepts presented in session one.