

Cultivating Resilience in Adversity & Trauma



My name is Lauren Hassan. I am a Licensed Clinical Social Worker here in Boulder, CO and professionally identify as a trauma specialist. While I am very passionate about working with individuals in my private practice, I believe something broader needs to be offered to our community as we all work to find our footing through this pandemic.

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 be intentional in working toward resilience means to practice ways of thinking, behaving and being (with presence) that can lend themselves to finding a sense of control, feelings of hope, connection, gratitude and ultimately gaining a sense of meaning and purpose in or outside of the struggle.

And let's keep it straight — the struggle is real right now!

Whether you run an organization and are seeking a new way to support staff, leading a group of warrior 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 (virtually, of course). 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? 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. Participation is 100% optional!

I look forward to meeting you soon!