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Resiliency Within
Monday at 1 PM Pacific
March 6th 2023: BUILDING RESILIENCY TO TRAUMA, 2ND. EDITION

Elaine Miller-Karas, LCSW, will discuss the second edition of her book, Building Resiliency to Trauma, with Dr. Michael Sapp, the CEO of the Trauma Resource Institute. During and after a traumatic experience, survivors experience a cascade of physical, emotional, cognitive, behavioral, relational, and spiritual responses that can make them feel unbalanced and threatened. The second edition of Building Resiliency to Trauma explains common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. Using two evidence-informed

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