

**FREE  
TRAINING**

# **When Therapy For Anxiety & Depression Is Getting You Nowhere; Is Trauma Needing To Be Addressed?**

**Presented By: Amber Morrighan, LMFT**

Amber Morrighan, LMFT is the Regional Program Supervisor of The Village Family Service Center. She is a Licensed Mental Health Therapist who has 18 years of practice in the field and spent 10 of those years in Residential Treatment facilities working with children and adolescents with intense amounts of trauma, rage and violence. She is trained in a number of evidence based Trauma treatments including EMDR, TF-CBT Certified, and CPP Rostered. She provides consulting and supervision as well as speaking engagements to enhance the knowledge of mental health in the community.

**Date: Thursday, October 25, 2018 Time: 1:00pm – 3:30pm**

**Location: Great River Regional Library- Mississippi Room  
1300 West St. Germain Street  
St. Cloud, MN 56301**

## **Presentation will include:**

- Information related to how traumatic events can impact a person's brain;
- How traumatic events can lead to other secondary symptoms, like anxiety and depression;
- What trauma therapy can do differently; and
- What are potential barriers to improvement when not addressing the trauma.

Seating is limited, please RSVP by emailing [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us).

*A Certificate of Attendance will be provided for CEUs*

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

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**Adult Mental Health Initiative**  
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