

FREE TRAINING

PTSD & The Affects On **The Brain**

Presentation by: Karen L. Eckstrom, MSW, LICSW

Karen Eckstrom is a therapist with over 25 years of clinical experience. Karen maintains an independent practice specializing in mental issues that affect older adults. Karen integrates mind-body, mindfulness, EMDR, hypnosis and compassionate insight into her clinical work. Karen is national presenter who has presented to Congress on mental health issues related to the elderly.

Date: Monday, July 30, 2018 Time: 1:00pm – 3:00pm

**Location: Tuscan Center Ballroom inside Midtown Square
3333 W. Division St., Suite 116
St. Cloud, MN 56301**

After attending the training, participants will be able to identify the following:

- What is PTSD;
- What factors affect who develops PTSD;
- What are the symptoms;
- What other problems do people with PTSD experience;
- Understand how trauma influences the brain and addictive behaviors.
- What treatments are available and what are the outcomes.

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

RSVP by emailing CAMHI@co.benton.mn.us as seating is limited.

A Certificate of Attendance will be provided for Board of Social Work CEUs

Training is brought to you by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties



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