

# Resources in Trauma Treatment



## DESCRIPTION

Trauma and healing are pervasive in the lives of individuals, families, and communities. In this webinar, we will explore three resources that can be integrated into working with clients who have been impacted by trauma to promote safety, stabilization, and healing. Specifically, we will examine the Calm/Safe Place Resource, the Container Resource, and Signature Strengths exercise.

## OBJECTIVES

*Upon completion of this course, the participant should be able to:*

1. Demonstrate the Calm/Safe place resource.
2. Discuss the Container resource.
3. Describe the signature strengths exercise.

## TARGET AUDIENCE

Counselors & Therapists, Social Workers, and any other interested

## FEE

\$25 Consortium Member

\$50 Non-consortium Member

Deadline to register: 2/6/2025

**Cancellations and Refund Policy:** Cancellations and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

## INSTRUCTOR

**Dr. Erika Smith-Marek, PhD, LMFT, CITS**

Dr. Erika Smith-Marek, PhD, LMFT, CITS is a Professor in the Department of Marriage and Family Sciences at National University. She is a Licensed Marriage and Family Therapist in Florida with over twenty years of experience specializing in the treatment of trauma and Posttraumatic Stress Disorder. She is a Clinical Fellow of the American Association for Marriage and Family Therapy, a Certified Trauma Treatment Specialist through the Association of Traumatic Stress Specialists, and an EMDRIA Approved Consultant and Certified Therapist in EMDR Therapy. Her clinical and research interests have converged around the treatment of trauma and traumatic stress. She especially enjoys trail running and spending time at the beach with her family. <https://www.erikasmithmarek.com/>

**Friday, February 7, 2025**

10:00 am — 12:00 pm  
Webinar via WebEx

## CREDIT

**AHEC:** This program is approved for 0.2 CEU's (2.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

**Counselors and Therapists:** This program is approved for 2.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

**Social Workers:** Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 2.0 hours of non social work credit hours.



To register please visit <https://www.scahec.net/learn/programs/3913>  
or contact Kimberly Morris 843-777-5352  
[KimberlyMorris@Mcleodhealth.org](mailto:KimberlyMorris@Mcleodhealth.org)

