



## *TRAUMA BONDING*

### *Virtual Workshop*

Are you struggling with unhealthy relationships that have rapid intensity, patterns of inconsistency, hot and cold interactions, and destructive cycles? Are you a survivor of trauma and notice your relationships seem to continue to be traumatic?

Come explore the role of trauma bonding in your relationships in an interactive and psychoeducational session from a knowledgeable trauma therapist to learn about signs of trauma bonds, origins to these unhealthy interactions, and ways to step away from these trauma cycles.

**Presented by Michelle Sideroff, LPC**



**The Northwest Catholic Counseling Center**

*Serving all regardless of faith or finances*

*A State Certified Counseling Agency*

*Donations are tax-deductible. Tax ID 93-1088962*

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[www.nwcounseling.org](http://www.nwcounseling.org)

### ***When:***

Wednesday, July 29th, 2020

*6:00 PM - 8:00 PM PT*

### ***Virtual Zoom Session:***

Email with links for access will be sent the day of the workshop.

### ***Register:***

#### **Online**

[nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

**Or Call** (503)253-0964

### ***Cost:***

\$30 per household

*Hardship scholarships available upon request*

Pre-registration required. Workshop fee must be paid at time of registration.

*Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.*