

DATING AFTER TRAUMA WEBINAR SERIES

Dating can be challenging for some people, especially those who have experienced traumatic losses, betrayal, or abuse in relationships.

Individuals who have experienced interpersonal trauma work hard to heal their relational wounds, improve their sense of self, and make themselves emotionally available for a healthy relationship. Yet some residual trauma symptoms can still be there, ready to trigger a range of thoughts and behaviors from risky impulses to paralyzing fear.

Dating After Trauma Webinar Series

This free 8-session webinar is designed to help people prepare for dating again or improve their dating experience after interpersonal trauma. Each weekly session is 30 minutes, followed by a 10-minute Q&A.

WHEN

Saturdays 11:00am - 11:40am
8 weeks via Zoom from January 22 - March 12, 2022

REGISTRATION

Please submit your RSVP at peaceoverviolence.org/dating-2022

FACILITATORS:

Federico Carmona, Trauma Therapist
Frances Nova, ACSW Intern
Helen Altenbach, MFT Intern

Group Virtual Experience

Female-identified clients of Peace Over Violence in California are welcome to join a closed virtual group to discuss further each session's topic. The group is limited to 20 participants.

WHEN

Saturdays at 11:45am, right after each webinar session.
Link will be provided before each session.

TOPICS:

1. A metaphor for building love
2. What does a healthy relationship look like?
3. Dating after relational trauma
4. The danger of falling in love too fast
5. What is your dating approach?
6. Are you looking for a friend, a companion, or a lover?
7. Five crucial qualities to seek in a partner
8. Communicating effectively

For more information, please contact Federico, federico@peaceoverviolence.org. Spanish and ASL interpretation will be available for each session.