

A no-cost training brought to you by the Fairfield County Alcohol, Drug Addiction and Mental Health (ADAMH) Services Board

Trauma-Sensitive Mindfulness Workshop

Presented by Dr. Cenell Boch, PhD

December 11, 2025, 9 AM - 12:15

In-person Training, 111 S Broad Street, Lancaster

3 CEU's for Social Workers, Counselors and Marriage and Family Therapists

This training provides attendees with an experiential and evidence-based introduction to trauma-sensitive mindfulness. The session integrates principles from Dr. David Treleaven's Trauma-Sensitive Mindfulness, explores stigma in mental health and substance use, and highlights how providers can navigate secondary trauma and community trauma. Through guided practices, reflection, and discussion, participants will gain tools to support resilience, ethical decision-making, and stigma reduction.

*Use this link or scan the QR
code to register today!*

[Trauma-Sensitive Mindfulness Training](#)



Facilitator Bio: Dr. Cenell Boch, PhD, is a clinician, consultant, and certified mindfulness meditation teacher with over 25 years of experience in wellness education, public health, and resilience training. She has presented nationally and internationally on mindfulness, trauma-informed leadership, and resilience.



Dr. Cenell Boch, PhD



www.fairfielddadamh.org