



# Childhood Trauma Survivors Workshop

Growing up can be painful. Whether marked by shame, alcoholism, domestic violence, physical abuse, sexual abuse, religious rigidity, or medical challenges, few things impact our adult lives as profoundly as childhood trauma.

**Our unresolved childhood stories follow us, often making it difficult or impossible to truly thrive as adults.** Even though we tell ourselves it wasn't that bad, that we can push through, that it is long forgotten, that others had it worse, or even that we left it at the cross, still its impact persists.

Trauma influences us in three important areas: how we see and feel about ourselves, how we see and relate to others, and how we experience our relationship with God. All three of these areas are pivotal to our quality of life, enjoyment, and fulfillment.

This workshop is designed to help you better understand the nature of childhood trauma, how we respond to these types of hurts as children, the lasting impact of abuse, and finally the road to recovery. You'll find understanding, direction, and hope for survivors, for partners and those who support them.

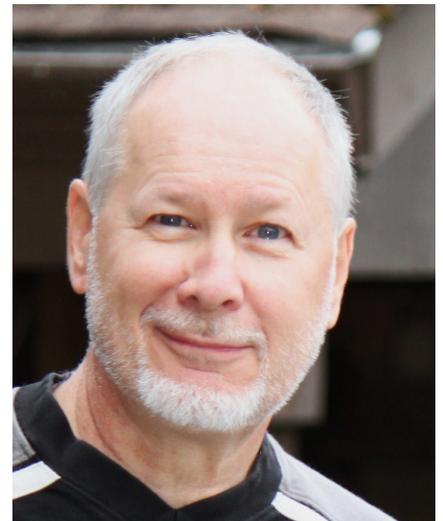
## Workshop Agenda

### Morning: The Trauma Process

- ▶ Am I Crazy or Hurt? Definitions and Denial
- ▶ The Life We Live: Today's Behavior & Yesterday's Trauma
- ▶ Old Survivor Skills: What Abuse Did and How.
- ▶ Memories: How They Work and What We Do With Them.

### Afternoon: The Recovery Process

- ▶ Lessons We Learned: Today's Thinking & Yesterday's Trauma
- ▶ The Grief We Carry: Grieving the Losses of Yesterday's Hurts
- ▶ The Recovery Journey: Healing Inner Hurts
- ▶ Finding Help: Where to look. Who to trust. How to decide.



**Byron Kehler, M.S.** is a Christian Trauma Therapist in private practice in Milwaukie, Oregon with 30 years of experience working with survivors of physical, emotional, mental, and sexual abuse. He has been certified by the American Academy of Experts in Traumatic Stress, is certified in EMDR. Byron has presented on childhood trauma recovery for churches, social service agencies, public and private schools, colleges, universities, and professional conferences. He brings sensitivity, compassion, practicality, and even humor to this most difficult topic.

*"For most of my life I've carried the shame and guilt inside.  
Is there any hope?"*

*"I have bursts of uncontrollable anger, even with people I love.  
I don't know why."*

*"I can't handle it when other people get angry.  
I feel overwhelmed with panic."*

*Something has to change.*

**WHEN:** Saturday, January 19th, 5:30-8:30PM  
Sunday, January 20th, 2:00-5:00PM

**WHERE:** SDA Community Church of Vancouver  
9711 NE St. John's Road  
Vancouver, WA 98665

**INFO:** [www.ByronKehler.com](http://www.ByronKehler.com)

**Register at the Door \$85**  
**Register Advance Online \$75**

Register Now Online at  
[www.ByronKehler.com](http://www.ByronKehler.com)

More Info: 503-277-9780