

Trauma Training November 2015

Bay Area Rapid Transit

Reviews of Participants:

- Many symptoms are very subtle to the conscious mind. Respond to the symptoms not the events. Alcohol is beyond unsafe. EMDR is amazing!
- Thank you for the details about PTSD and EMDR.
- I knew about trauma but not as detailed as I thought. I learned far more than I imagined. Very helpful.
- Love the jokes and questions; they keep us interested.
- Good flow of material. You kept it interesting.
- I didn't know the difference between Triggers vs. Symptoms.
- I am very pleased to be in this program!
- I liked the comedy and watching videos.
- I love your humor and your knowledge of the subject matter.