

# Transforming Trauma: A Journey into Healing with Linda A. Curran

Join us on a transformative journey as we explore the world of trauma healing with renowned clinician Linda A. Curran. Discover key insights and practical strategies to help clients overcome trauma and build relationships and resilience.



# About Linda A. Curran

## 20+ Years of Experience

A Gestalt therapist with over two decades of experience in treating trauma, Linda A. Curran is a true expert in her field.

## Renowned Expert

She is recognized internationally for her work in Complex Post Traumatic Stress Disorder, developmental and attachment trauma, EMDR, and psychedelic-assisted therapy.

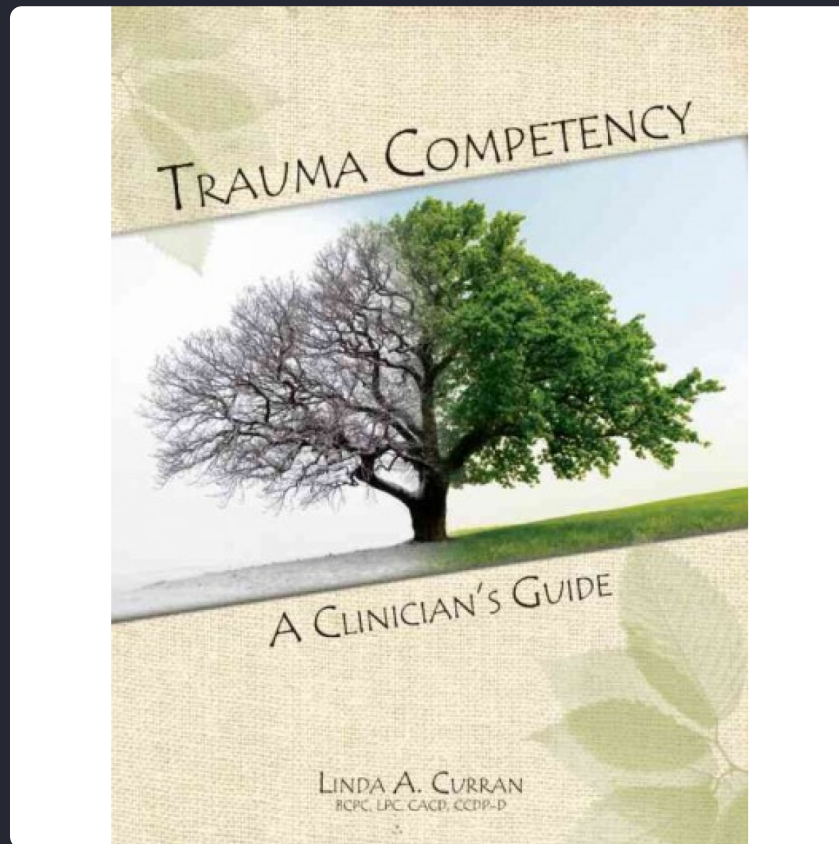
## Creator and Producer

As the creator and producer of essential resources for trauma therapy, she is consistently at the forefront of innovation in her field.

## Pioneering Work

Her pioneering work in trauma modalities, which now includes psychedelic-assisted therapy is reshaping how we approach trauma therapy and changing lives.

# Published Works



## Trauma Competency: A Clinician's Guide

### Trauma Competency

Recommended for all clinicians working with trauma, ... Unique in its approach, Linda Curran not only defines and explains the current trauma paradigm-relevant theories and current neuroscience, but demonstrates, step-by-step, its in-session clinical utility and applicability.



## 101 Trauma-Informed Interventions

### 101 Trauma-Informed Interventions

This workbook pulls together a wide array of trauma treatments into one concise resource. Equally useful in both group and individual settings, these interventions provide hope and healing for the client, and expand and solidify your expertise.

# Trauma Therapy Productions

## Trauma Treatment: Psychotherapy for the 21st Century

In this three-part series, the world's leading trauma researchers and clinicians share their knowledge and perspectives on the nature of trauma, how it is experienced and how when left untreated continues to be re-experienced. This understanding of trauma and its sequelae is essential to any clinician working in the field of psychotherapy.

[3-Part Trauma Treatment: Psychotherapy for the 21st Century](#)

## Treating Complex Trauma: Beyond Competency

Discover what's been done in the field of traumatic stress, new perspectives on the nature and experience of trauma, and gain a deeper understanding of trauma's far-reaching psychological and physical consequences. You'll also see how they use modalities such as CBT, DBT, Sensorimotor Psychotherapy, Somatic Experiencing, Gestalt Therapy, and others.

[Treating Complex Trauma: Beyond Competency](#)

## Addiction, Attachment & the Adverse Childhood Experiences

In this video, you will learn key insights regarding the neuroscience of addiction from the **Adverse Childhood Experiences (ACE) Study**, one of the largest investigations of childhood abuse and neglect, and the impact on later-life health and well-being. You will understand the important assessment and treatment implications from neuroscience that show us addiction is ***experience dependent, not substance dependent.***

[Addiction, Trauma, & Adverse Childhood Experiences \(ACEs\): The Neuroscience behind Developmental/Attachment Trauma and Adverse Childhood Experiences.](#)

## Attachment in Adults: How Infant Attachment Security Affects Adult Relationships

As infants, we learn how to heal and protect ourselves based on the connection with our caretakers. It is well-known that if that caretaker connection is broken, this can predict a pattern of insecure attachment styles. In this recording you will discover the importance of attachment history in your clients and the various attachment styles that can help you **tailor the therapeutic techniques to your client.**

[Attachment in Adults: How Infant Attachment Security Affects Adult Relationships](#)

## EMDR: Step by Step

Through instructive commentary, in-session demonstrations, case studies and real footage from large group trainings, individual client sessions and clinical consultation groups, **I'll show you step-by-step how to develop the clinical assessment skills you need to safely use EMDR in your practice.** ...you'll also hear expert guidance and support from some of today's most sought-after trauma professionals, including: Bessel van der Kolk, Peter Levine, David Grand, Belleruth Naparstek, Stephen Porges, Babette Rothschild, and Robin Shapiro.

[EMDR Step-by-Step Plus | PESI US](#)

## And her most anticipated work, Psychedelic-Assisted Psychotherapy for Trauma

Linda interviews the clinicians, researchers and academics in the field of neuroscience, traumatic stress, and research to bring you the most up-to-date information on the most promising new modality for treating even the most complex trauma clients.



# Speaking Engagements



## Intensive Retreats

In person retreats, including an Intensive 5-Day EMDR Retreat. All retreats offer opportunities for both personal work and self care! In 2023-2024, Linda will be in Sedona, AZ, The Catskills, NY, Sydney, Australia, and hopefully, Josie, the UK!



## *Train the Trainer Model*

***We are in a mental health crisis!***

Collaborate with Linda to create your own trauma trainings. Together we can personalize programs and workshops to meet the needs of your staff and/or your client population.

***Join us to Spread the Word  
and the healing***



## New On-line Program Coming 9/2023

*Psychedelic-Assisted Therapy for  
Complex Trauma: a True Game  
Changer*



# The Power of Resilience

## 1 Fostering Resilience

Learn how you can help clients prepare for processing trauma, while continuing to develop the resilience they need to overcome present and future adversity.

## 2 Transformative Insights

Gain new insights into the relationship between developmental trauma and attachment injury. Discover practical strategies and interventions for working with less than optimal attachment strategies.

## 3 Key Takeaways

Walk away with actionable takeaways~ key insights, along with practical skills and interventions that you can immediately integrate into your practice.

# Curran's Trainings Connect Theory with Practice

## Attachment Theory

Learn how attachment theory provides insights into the relationship between trauma and the development of healthy attachment patterns. Gain practical strategies for helping clients build healthy attachment patterns.

## Psychological Interventions

Discover the most effective psychological interventions for working with trauma, including EMDR therapy and psychedelic-assisted therapy. Learn how to tailor these interventions to meet the specific needs of your clients.

## Practical Applications

Walk away with practical skills that you can implement in your practice immediately. Gain new insights on how to work with trauma effectively and help clients heal.

# Why Book Linda A. Curran

## 1 Expertise

Linda A. Curran is a true expert in her field with over two decades of experience and a wealth of resources to help clinicians and patients alike.

## 2 Impact

Always well received, Linda's trainings, workshops, retreats and online programs always include psychoeducation, neuroscience, stabilization techniques, including *polyvagal-informed* self regulation techniques, as well as innovative and promising trauma processing modalities, including EMDR and psychedelic-assisted therapy. Her work continues to inspire clinicians and reshape the field of trauma therapy.

## 3 Actionable Takeaways

Walk away with practical strategies, techniques and modalities that can be implemented into any clinician's practice immediately.



# Contact and Booking Information

## Book Linda A. Curran

Contact us to book Linda A. Curran for your next event or speaking engagement.

## Contact Information

Phone: (484) 557-3985

Email: [info@trauma101.com](mailto:info@trauma101.com)

Website: [www.trauma101.com](http://www.trauma101.com)

# Thank You!

Thanks for exploring the world of trauma healing with Linda A. Curran.

Visit our website at [www.trauma101.com](http://www.trauma101.com) to stay connected and learn more about upcoming events and resources.



Stay Connected

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