

"Trauma is personal. It does not disappear if it is not validated. When it is ignored or invalidated the silent screams continue internally heard only by the one held captive. When someone enters the pain and hears the screams healing can begin."

~Danielle Bernock

Emerging with Wings: A True Story of Lies, Pain and the Love That Heals

LOCATION

Trauma Recovery services are provided online via Zoom.

PRIVATE PAY

One-on-one trauma support is a fee-for-service, private pay program.

Visa, MasterCard, Discover, and American Express are accepted.

Trauma Education trainings and workshops are individually quoted for each organization based on individual needs. Call today to discuss what type of education event would be best for your organization and to get a quote.



Julie Hatzell, Coordinator

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www.PlumasRuralServices.org

PRS is an equal opportunity service provider and does not discriminate against clients or volunteers on the basis of any protected characteristics identified by the State of California's Civil Rights Department: calcivilrights.ca.gov/employment/#whoBody.



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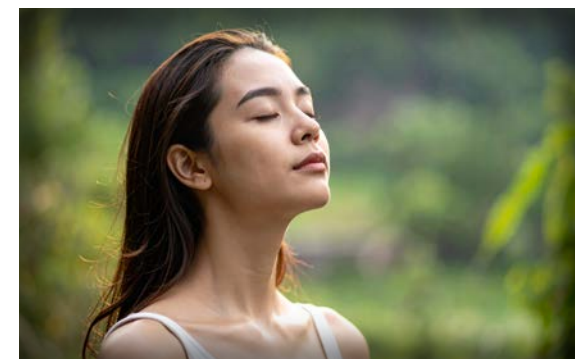
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Trauma Recovery & Education



Providing organizational training & trauma recovery support to individuals suffering the effects of trauma in their lives

www.PlumasRuralServices.org
530-283-2735

Symptoms of Trauma

Unresolved trauma can fuel:

- Hypervigilance
- Emotional Reactivity
- Sensory Overstimulation
- Poor Sleep Patterns/Bad Dreams
- Eating Disorders
- Substance Abuse & Addiction
- Struggles with Intimacy & Affection *and more...*

Trauma Support Can Help

Trauma recovery support helps you address trauma, whether in the recent or distant past, and understand its impact on current daily life. You will learn to identify, interrupt and change problematic mindsets and behaviors rooted in trauma using techniques such as:

- Awareness of body, thought, and emotions
- Education about the biology of trauma triggers and responses
- Understanding thoughts and behaviors using Internal Family Systems (IFS)

The Trauma Recovery Practitioner will work with you one-on-one to overcome your trauma.

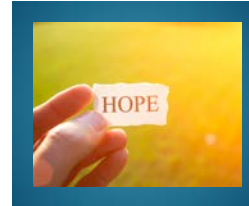
Are Services Right for You?

In the immediate aftermath of a traumatic event, related symptoms are common for a period of time. When symptoms persist without relief, it may be time to work with an expert trained to help you on your path to healing.

If you're unsure whether one-on-one support is right for you, contact us and we can discuss it with you.

Staff

Julie Hatzell
Trauma Recovery Practitioner



Julie has extensive experience and training in the following areas:

- Advanced Certified Trauma Practitioner
- Certified in Trauma Informed Expressive Arts Therapy
- Addiction Recovery Paraprofessional Counselor (30+ years)
- Domestic Violence Counselor
- Paraprofessional Parenting Counselor: home-based critical intervention
- Internal Family Systems (IFS) Informed Practitioner & Guide

Education Services

PRS offers organizations education about trauma, its effects on staff and clients, and how to develop and deliver trauma-informed services. Topics may include:

- What is trauma, types of trauma
- How trauma affects the brain & behavior
- What trauma looks like in children & adults
- How trauma impacts learning, relationships & other activities
- Compassion fatigue, vicarious trauma & self-care
- Tools to create trauma-informed service

Trainings specific to the following areas are already developed: trauma-informed schools, parenting, and customer service. Training can be developed or tailored to meet your organization's specific needs.

Contact Us

For more information about our Trauma Recovery support or education services, to schedule an appointment or training, or to make a referral, please call (530) 283-2735, ext. 844.