The Hurt That Stays: How Childhood Trauma Impacts Adult Relationships and Wellness

January 12, 2027
10:00-11:20am MT

This presentation will explore how the past affects the present by understanding the link between childhood trauma experiences and adult unhealthy coping while discussing ways to comfort the wounded inner child.



Learning Outcomes:

- Understand what are Adverse Childhood Experiences (ACEs)
- Identify what makes some experiences more significant than others, and how these are stored in the nervous system
- Recognize how the unmet needs of the inner child can manifest in adult relationships and affect coping
- Learn to soothe the wounded inner child through awareness and acknowledgment by connecting with the child with a wiser-adult self

Speakers:

Penny Vasseur, MSc. is a Registered Clinical Counsellor and Certified EMDR Therapist with Métis status and Cree Treaty roots. Her grandmother was a survivor of the residential school system, and she has over 25 years of practice working in the human services and mental health field. She owns and operates Pathway to Wellness Counselling Therapy and provides specialized treatments for historical trauma and support for Indigenous communities. She is passionate about working with those that have experienced childhood adversity, and offers group therapy, psychoeducation, and counselling therapeutic support services to individuals with a wide range of mental health concerns. Her style is down to earth and personable, and she helps individuals get to the root of issues while promoting quality of life.



Target Audience: Community members that want a better understanding of how childhood experiences can remain in the nervous system and impact mental health and individual or family issues later

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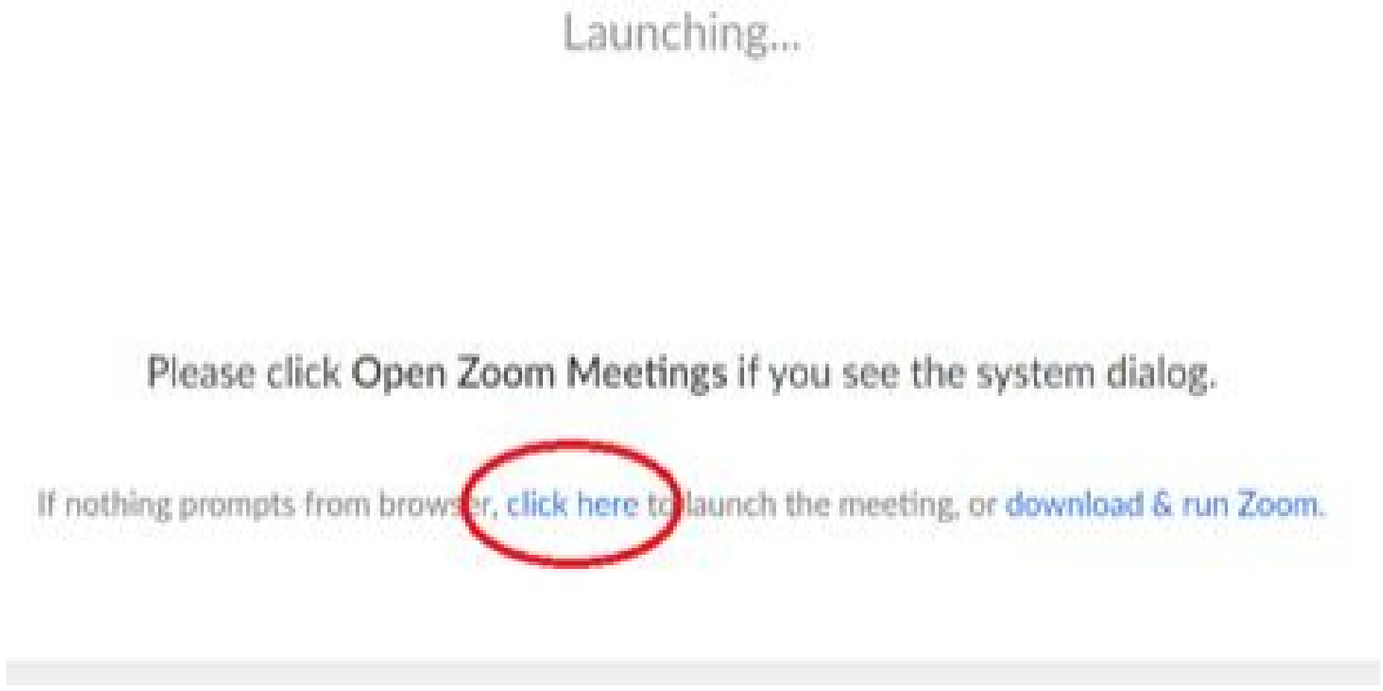
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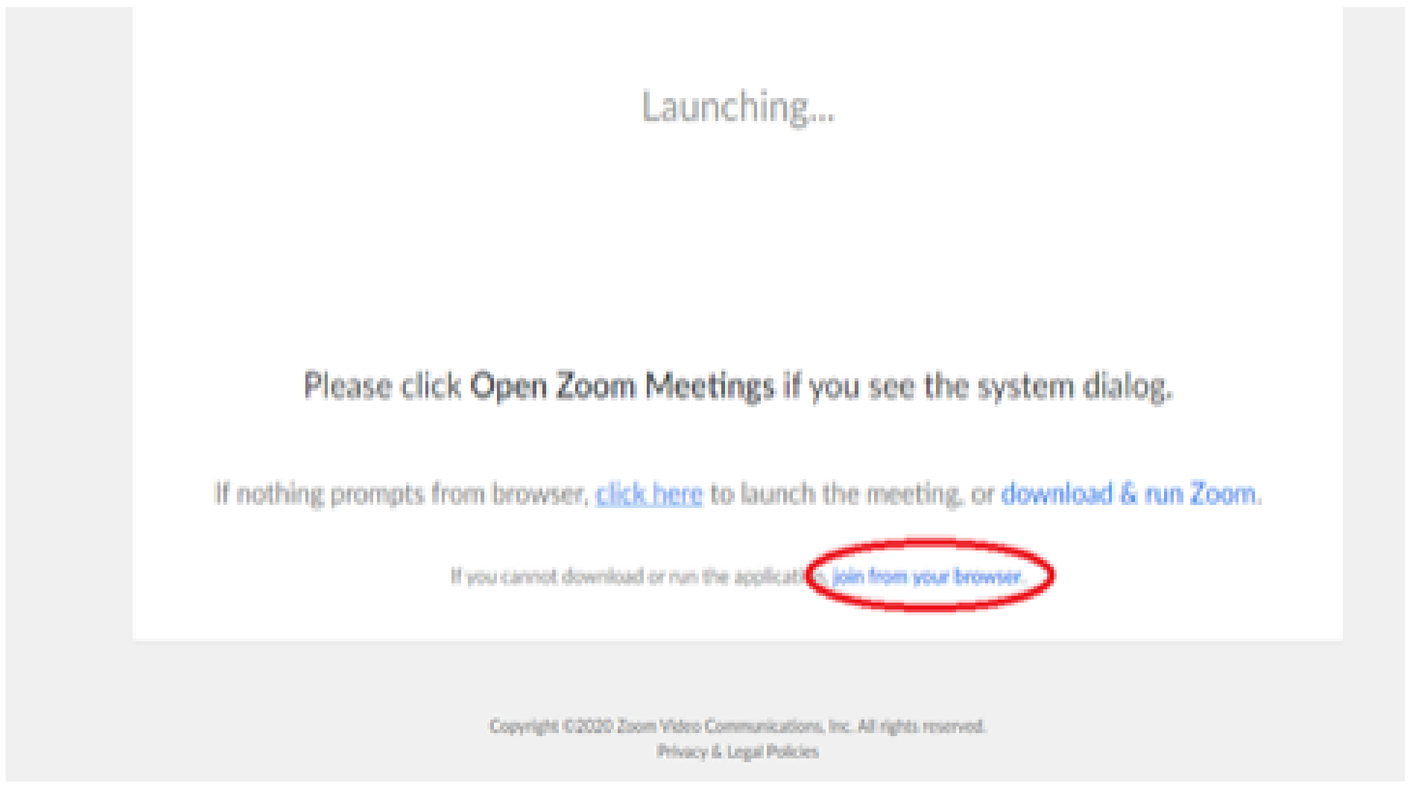
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