



## **DAY FOUR– THURSDAY, JUNE 30, 2022– 10:00 AM**

### **Managing Trauma Triggers**

One of the most debilitating impacts of experiencing trauma are the trigger left behind. These can range from eliciting disturbing thoughts, memories and feelings experienced during the traumatic event to full blown flashbacks. Triggers immediately change body and brain functioning. This presentation will discuss how a trigger works, and how it effects the body and brain. We will also discuss how these triggers can be managed and/or modified.

#### **Bio**

**Duane Bowers, LPC** is a trauma educator, author and therapist in private practice. For the past two decades he has provided support to families of victims of missing, exploited and trafficked persons, and has supported and trained the professional staff, law enforcement, and agencies who work with these families and victims. Duane serves internationally as a consultant and educator on Trauma Informed Care, Intergenerational Trauma, Trauma Response and Wellness/Self Care for Trauma Victims and Professionals. He is a regular guest lecturer for several colleges, and has authored a variety of books, manuals and articles related to trauma, traumatic loss, and wellness/self-care for trauma victims and workers.