

*Crossroads of Iowa*

Presents a Special Seminar



# FROM TRAUMA TO TRANSFORMATION



*An Alternative to PTSD:  
POST-TRAUMATIC GROWTH\**



GERAL BLANCHARD, LPC

Local psychotherapist, international speaker and researcher  
Optimistic, life-affirming insight for trauma recovery  
New approaches offer improved prognoses

*The workshop will explain how people  
not only can bounce back after trauma,  
but can actually bounce forward.*



**WHERE:** The Windsor Heights Community Center  
6900 School Street, Windsor Heights IA (Univ. Ave, then south at Dairy Queen)

**WHEN:** Monday October 7, 2013 from 8:00 until 11:30 am

**TUITION:** \$55.50 includes professional CE credit (3.3 contact hours) for nurses  
DMACC, IBN #22; also, IBC has approved 2.75 hrs. in Special Populations.  
Also dietitians, licensed professional counselors, and social workers.

**INFORMATION:** 515-633-7968, or 515-274-3904, or  
Ruth.crossroads@gmail.com

**REGISTRATION:** CROSSROADS OF IOWA  
4211 Grand Avenue, Des Moines IA 50312



\*The Tsimshian Eagle  
Pacific Raincoast Artist Gerry Dudoward.

*The American Eagle reflects the soaring perspective  
through which we transcend trauma  
with a surge of inner growth and new understanding.*



RELATED BOOKS BY GERAL BLANCHARD

ANCIENT WAYS: Indigenous Healing Innovations for the  
21<sup>st</sup> Century; NEARI Press 2011  
TRANSCENDING TRAUMA: Post-Traumatic Growth after  
Physical, Sexual & Emotional Abuse; autumn 2013

*Crossroads of Iowa*

a not-for-profit organization

*...develops fine programs and classes that enhance the potential of life.*  
[www.crossroadsofiowa.webs.com](http://www.crossroadsofiowa.webs.com), and Facebook



The ultimate goal is to reduce recidivism, through obtaining a  
building for transitional housing for women who have completed  
the Therapeutic Community drug treatment program at ICIW.

The prevalence of trauma, abuse, and depression among this  
population of women is extremely high.

*"I have never met anyone struggling with addiction who did not carry  
a strong trauma history."*  
~ David Grand, Ph.D.



CO-SPONSORS



The Iowa Coalition Against Sexual Assault  
The Orchard Place Trauma Informed Care Project