



The Papillion Center presents  
ONLINE & IN-PERSON TRAINING

- DATES:** February 22 & 23, 2024. ONLINE ONLY- Limited Seating  
February 29 & March 1, 2024. IN-PERSON ONLY- Limited Seating  
*Both days must be attended for certificate of completion*
- COST:** **Early Registration until 02-02-2024:** \$275. + 3 program manuals \$41.50 each (\$399.50 TOTAL)  
**Registration 02-03-2024/ 02-15-2024:** \$375. + 3 program manuals \$41.50 each (\$499.50 TOTAL)
- PLACE:** ONLINE- A Zoom Link will be sent after registration  
IN-PERSON- Lebanon-Wilson County Chamber, Lebanon, Tennessee

Complex trauma can be debilitating causing our body to live in a traumatic stress response. This stress response triggers anxiety, impulsive behaviors, and obsessive thought processes. The Broken Princess/Prince© Program is designed to take participants through the metaphoric castle to help them understand how and where their body holds the trauma, gives them tools to begin releasing the hold the trauma has on them and guiding principles for rebuilding their kingdom.

According to the CDC, 1 in 20 elementary students are prenatally exposed to alcohol. This is a staggering number that is not being address well. This often presents struggles for the individual that can be overlooked when it's not understood. Identifying at-risk children includes looking at the prenatal exposure, the stability of their home, traumatic events that they and/or their parents have experience and whether they have positive influence within their circle to help build resiliency. An increasing number of children are experiencing chronic anxiety and depression. This is a significant concern that impacts the children now but could also affect how they are able to navigate their adult lives and the impact on the next generation. We know that children from hard places just grow up to become adults from hard places. This problem expands from the home and into our schools with behavioral dysregulation. We are also seeing an increase of behavioral health patients in our hospitals. The CEO of East Tennessee Children's Hospital, Matthew Shaeffer, said children's hospitals across Tennessee have seen around a 60% increase in children seeking mental healthcare during moments of crisis.

Our Behavior Dysregulation Program and Broken Princess/Prince Program helps address these issues. Our goal is to help bridge the gap for children and families in hard places. We want to see lasting impact and understanding that comes with education and treatment of the whole family.

**FOR MORE INFORMATION CONTACT:** **S. Chris Troutt, LMFT**  
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