

Parts of Us in All of Us in Adoption and Attachment Trauma

Presented by Kristen Santel, LISW-S

As human beings experiencing life and moving through the world, it is imperative to have an understanding of people as profoundly complex and multidimensional. It is the nature of the human mind to compartmentalize with different aspects, or parts, like 'wearing different hats' for different circumstances. Each person is not only carrying with them the experiences of their lifetime, but also the many different thriving parts of self that have helped them survive, grow, and arrive where they are today.

Adoption and attachment trauma can often deepen or enhance these faceted parts of self, and gaining more introspection, awareness, and compassion around the inner workings of both the internal and external attachment systems can lead to continued growth and intra-relational health.

Kristen Santel is an adoptee and LISW-S specializing in complex and developmental trauma, PTSD, traumatic grief, attachment challenges, depression, anxiety, relationship issues, and dissociative disorders. Kristen Santel uses a collaborative, integrated approach informed by Ego State and Internal Family Systems Therapy and Interpersonal Neurobiology to support clients.



Date: February 16, 2023

Time: 7:00—9:00 PM EST

Webinar on Zoom!

Registration Fee: \$20.00 per person

Pre-registration: [go to www.cofaf.org](http://www.cofaf.org)

Certificates of Attendance Available!

*COFAF Strengthens Adoptive, Foster, and Kinship Family Ties
Through Education, Support, and Targeted Resources*

COFAF is a 501(c)(3) non-profit organization—www.cofaf.org

