



# Breaking Free from Trauma



Signs, Symptoms, and Promising Treatments

**Tuesday, June 26 / 7-8:30pm**  
North Shore Congregation Israel  
1185 Sheridan Road, Glencoe

**Guest Speakers:**  
Dr. Phil Metres  
Laurie Kahn, MA, LCPC, MFA  
Ellen Lonquist, MS, LMFT

An estimated 70% of adults in the United States have experienced a traumatic event at least once in their lives.

Whether you recently returned from active duty, are recovering from sexual assault, or have recurring nightmares from a time long ago, trauma can be a daily force that is difficult to escape. Psychological and emotional trauma can be influenced by several things, such as a single event, a horrifying accident, a natural disaster, a life-threatening disease, or even living with persistently high levels of stress.

**Join Family Service of Glencoe, NAMI Cook County North Suburban, and local trauma experts in a discussion on living well after trauma. Come for yourself or to learn how to help a loved one. This is a free educational event. Open to the public.**



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### Guest Speakers



**Laurie Kahn, MA, LCPC, MFA**

Laurie is a pioneer in the field of trauma treatment and a frequent presenter at national and international conferences. Her most noted contribution to the field being the concept of child abuse as a traumatic experience of love.

Laurie has trained, mentored, and provided consultation for hundreds of clinicians. She founded Womenscare Counseling and Training Center and is a director of Trauma Consultation Training Program.

Laurie's recent book, *Baffled by Love: Stories of the Lasting Impact of Childhood Trauma Inflicted by Loved Ones*, combines strands from her own personal story, along with those of her clients, to create a narrative full of resonance, meaning, and shared humanity.



**Ellen Lonquist, MS, LMFT**

Ellen is a family systems therapist helping families, couples, adolescents, women, and children discover their resilience while learning skills and developing capacities to navigate ordinary and unexpected life challenges. Ellen has a strong commitment to working with families of children with special needs, helping them look at the ways their children challenge them to make new meaning of their lives.

As a trauma informed therapist she has worked extensively with women who experienced childhood trauma and post traumatic stress disorders.



**Dr. Phil Metres**

Dr. Metres is a clinical psychologist in private practice in Northbrook for 41 years. Previously he worked as a personnel research psychologist at the Center for POW Studies with families of POWs and MIAs.

He has co-facilitated Wisdom Years weekends for men over 50 as part of the Victories for Men program assisting men in their growth, well-being, and relationships. He also serves as part of the team for returning vets and their families for Coming Home Retreats at Bellarmine Jesuit Retreat Center in Barrington.

He has worked with vets and families throughout his career from the perspective of being a Vietnam veteran and a psychotherapist.