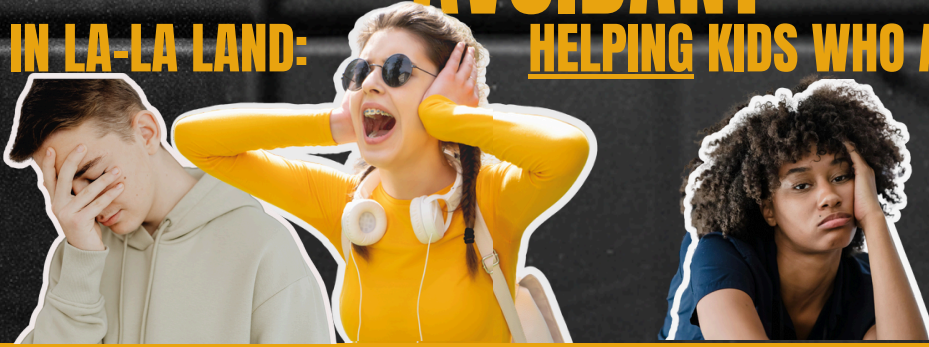


# SHUT DOWN AVOIDANT

AND IN LA-LA LAND:

HELPING KIDS WHO ARE HARD TO REACH



## THE HIDDEN STRUGGLE

While children who explode with anger are bound to get attention, those who “shut down” are often the most challenging to reach.

*Quiet behaviors are often mistaken as compliance, hiding deep struggles with **\*\*trauma, stress, and emotional regulation.\*\****



## MEET THE TRAINER: ROBYN GOBBEL, LMSW-C

A nationally recognized therapist, trainer, and author specializing in complex trauma, attachment, and adoption.

- 20+ Years Experience
- Integrates attachment theory and relational neuroscience.
- Trained in EMDR, Somatic Experiencing, Theraplay, TBRI®, and more.
- Her book, Raising Kids with Big, Baffling Behaviors, is ranked #3 in adoption books on Amazon



### “Watchdogs”

Children who “hold everything inside”, vigilant and constantly on guard.



### “Possums”

Children who “collapse under pressure”, using emotional or physical withdrawal.

*We'll explore the **neurobiology** of trauma and toxic stress to understand why these responses occur.*

# SAFETY

# CONNECTION

# REGULATION

GAIN MEANINGFUL TOOLS TO  
SUPPORT YOUTH & BUILD

Tap a button below, register and join us for an outstanding training event that suits your schedule. Always **FREE** for Parents and Alabama DHR Staff. **\*\*Other Professionals\*\* \$55 for your 5.5 NBCC-approved CEUs.**

Montgomery, AL  
November 18, 2025



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November 20, 2025



Virtual (ANYWHERE)  
November 20, 2025

