



L.I.F.E. Recovery, Training, & Coaching

Where leadership, inclusion, and healing create lasting change.

Training Catalog

Empowering Survivors. Transforming Lives.

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L.I.F.E. Recovery, Training, & Coaching

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Welcome to L.I.F.E. Recovery, Training, & Coaching's Training Catalog

At L.I.F.E. Recovery, Training, & Coaching we offer trauma-informed, culturally humble workshops and coaching designed to empower survivors of gender-based violence, promote healing, and support human services professionals in delivering effective, compassionate care. Our trainings are survivor-led, evidence-informed, and adaptable to your organization's unique needs.

Cultural humility is a journey of self-exploration that is embarked on with humility. That is the foundation of successfully engaging in cultural humility. Once that is laid, cultural humility continues with interactions with others. In short, cultural humility is a journey of self-exploration that includes accepting that individuals are experts of their own lives and should be deferred to for expertise.

Our trainings are always facilitated from a culturally humble, trauma-informed, and people-centered perspective. Our trainings are always interactive. We encourage people from different backgrounds and experiences to add to the training, creating rich conversations. We also ensure that there are safe spaces in our trainings and workshops that allow people with questions or beliefs to voice those without causing harm to others.

Along with cultural humility, trauma-informed care, and a people-centered approach, an additional foundational layer to the workshops and trainings that we offer is restorative justice and avoiding to cause harm. So, the workshops and trainings that are facilitated always aim to restore and to avoid causing harm.



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Audience & Training Categories

We design trainings for a range of sectors:

- Legal professionals (attorneys, paralegals, expert witnesses)
- Domestic violence and social service programs
- Reentry organizations
- Healthcare and mental health providers
- Community organizations and educational institutions



Training Descriptions

Category 1: Gender-Based Violence & Advocacy

DV 101, SV 101, IPSV & Stalking Overview (3 sessions)

A foundational series covering the dynamics of intimate partner and sexual violence, including stalking. Participants explore the Power and Control Wheel, the Cycle of Violence, and how abuse presents in real-life scenarios. The training addresses hotline response, legal age of consent, drug-facilitated sexual assault, SART procedures, and safety planning for victims.

- **Length:** 6 hours (can be delivered over 3 sessions)
- **Format:** In-person or virtual workshop
- **Audience:** New staff, volunteers, interns, hotline responders

History of Gender-Based Violence (1 session)

This session explores the historical evolution of anti-violence work, including the feminist movements that birthed domestic violence shelters and services. Emphasis is placed on the contributions of Black feminist thought and advocacy

- **Length:** 2 hours
- **Format:** In-person or virtual workshop
- **Audience:** All Advocates, trainer, DV/SV professionals, social service professionals, & human service workers

Understanding Coercive Control: Beyond Bruises and Broken Bones

A deep dive into the complex dynamics of power and control in abusive relationships. Learn practical ways to recognize coercive tactics that are often invisible but devastating.

- **Length:** 2–3 hours



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- **Format:** In-person or virtual workshop
 - **Audience:** Advocates, attorneys, law enforcement, social workers

DV in LGBTQ+ Communities, Male Victims, and Undocumented Survivors

Examines unique dynamics of abuse within LGBTQ+ relationships, barriers faced by undocumented survivors, and challenges male victims face in accessing support. Participants reconstruct population-specific power and control wheels and discuss hotline best practices for each group.

- **Length:** 3 hours
- **Format:** In-person or virtual workshop
- **Audience:** Hotline staff, legal advocates, clinicians, DV shelter workers

Legal Advocacy: Rights, Protections, and System Navigation (½ session)

An overview of legal remedies available to survivors, including how to apply for and advocate during restraining order (RO), SAPO, and SASPA processes. Includes coverage of DVRT and safety planning within legal contexts.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Advocates, case managers, legal support staff

Survivor-Led Safety Planning: A Trauma-Informed Approach

Discover survivor-centered strategies for safety planning that honor autonomy and lived experience.

- **Length:** 1.5–2 hours
- **Format:** In-person or virtual workshop
- **Audience:** Shelter staff, case managers, advocates



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Category 2: Trauma-Informed Practice & Healing-Centered Engagement

Introduction to Trauma-Informed Care

Equip your team with foundational knowledge on trauma impacts and how to create healing-centered environments.

- **Length:** 2 hours
- **Format:** In-person or virtual workshop
- **Audience:** All service providers

Trauma & Children (½ session)

Explores how Adverse Childhood Experiences (ACEs) and exposure to violence affect child development. Includes practical tools for engaging caregivers and supporting children in survivor-led settings.

- **Length:** 1 hour
- **Format:** In-person or virtual workshop
- **Audience:** Family advocates, shelter staff, educators

Trauma, Mental Health, and Addiction (½ session)

Introduces the intersection of trauma, mental illness, and substance use. Covers trauma-informed care principles, ethical considerations, and how biases and boundaries impact service delivery.

- **Length:** 1 hour
- **Format:** In-person or virtual workshop
- **Audience:** Behavioral health providers, peer supporters, DV program staff

Hotline Training & Emotional First Response

A skill-building session on effectively answering hotlines using empathy, active listening, and SART-aligned responses. Includes role-playing to prepare advocates for sensitive and crisis calls.



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- Length: 1.5 hours
 - Format: In-person or virtual workshop
 - Audience: Hotline responders, new volunteers, overnight staff

Holding Space: Crisis Response & Emotional De-escalation

Learn practical skills to safely manage crisis situations while maintaining respect and empathy.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Hotline staff, frontline workers



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Category 3: Professional Ethics & Self-Care

Boundaries and Ethics in Survivor Support

Build sustainable practices that protect both clients and providers from burnout and ethical dilemmas.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** New staff, volunteers, interns

Self-Care and Vicarious Trauma Prevention

Strategies for trauma-exposed professionals to maintain wellness and resilience.

- **Length:** 1 hour
- **Format:** In-person or virtual workshop
- **Audience:** All trauma workers

Cultural Humility & Anti-Oppression

This training introduces participants to cultural humility, intersectionality, and the impact of systemic oppression on survivors. Includes discussions of micro-aggressions, privilege, and racism (including anti-Blackness), as well as values clarification and bias self-assessment.

- **Length:** 1.5–2 hours
- **Format:** In-person or virtual workshop
- **Audience:** All staff, especially leadership and trainers



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Category 4: Legal Professionals & Justice-Aligned Practice

Workshops/Training Topics for Attorneys & Legal Professionals

Facilitated by a non-attorney legal advocate with over a decade of survivor-centered practice.

Survivor-Centered Legal Practice

Understanding Trauma in Legal Contexts

How trauma impacts memory, demeanor, and disclosure — and what attorneys need to know to avoid retraumatization.

- **Length:** 1.5–2 hours
- **Format:** In-person or virtual workshop
- **Audience:** Attorneys, legal staff, law school students

Client-Centered Legal Advocacy

Supporting survivor autonomy and informed decision-making throughout the legal process.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Attorneys, legal advocates, paralegals

Working with Survivors of Coercive Control

Practical tools for identifying psychological abuse patterns in legal proceedings (especially custody & DV).

- **Length:** 2 hours
- **Format:** In-person or virtual workshop
- **Audience:** Family law attorneys, GALs, mediators, DV courts

The Survivor Perspective: What Courts Miss

Systemic barriers, re-traumatization, and how survivors experience “justice” processes.



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- **Length:** 1.5–2 hours
- **Format:** In-person or virtual workshop
- **Audience:** Legal professionals, court administrators

Trauma-Informed Legal Practice

The Ethics of Trauma-Informed Lawyering

Balancing legal strategy with psychological safety, trust, and client dignity.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Attorneys, legal educators

Reframing Victim Credibility

Debunking myths and biases that harm survivor testimony and credibility in court.

- **Length:** 1.5–2 hours
- **Format:** In-person or virtual workshop
- **Audience:** Trial attorneys, prosecutors, defense attorneys

Understanding Vicarious Trauma in Legal Practice

Recognizing signs of burnout, compassion fatigue, and secondary trauma among attorneys and legal staff.

- **Length:** 1 hour
- **Format:** In-person or virtual workshop
- **Audience:** Law firms, legal clinics, public defenders

Effective Collaboration with Advocates & Support Professionals

Legal Advocates vs. Attorneys: Defining Roles & Building Respectful Partnerships

Clarifies professional boundaries and maximizes impact through coordinated survivor support.



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- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** DV attorneys, court staff, multidisciplinary teams

Cross-Training with Advocates & Community Partners

How attorneys can learn from and uplift non-legal professionals in the justice ecosystem.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Legal service organizations, legal educators

Specialized Topics

Gender-Based Violence in Immigrant & BIPOC Communities

Culturally humble strategies for supporting marginalized survivors in legal systems.

- **Length:** 1.5–2 hours
- **Format:** In-person or virtual workshop
- **Audience:** Immigration attorneys, legal aid, public interest firms

Supporting Clients in Recovery from Substance Use and Trauma

Courtroom Safety Planning

Survivor-informed strategies for physical and emotional safety during hearings, trials, or depositions.

- **Length:** 1 hour
- **Format:** In-person or virtual workshop
- **Audience:** Legal professionals, court security teams

Intersectionality in Domestic Violence Advocacy

Understand how race, gender identity, sexual orientation, immigration status, and disability intersect with experiences of GBV.



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- **Length:** 2 hours
 - **Format:** In-person or virtual workshop
 - **Audience:** Advocates, social workers, program directors

LGBTQ+ Survivors and Inclusive Advocacy

Learn strategies for building safe, affirming support systems for LGBTQ+ survivors.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Shelter staff, hotline workers, case managers

Trauma-Informed Supervision

Equipping managers to lead teams through a trauma-aware lens that supports both productivity and wellness.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Supervisors, team leads, directors

Beyond Trigger Warnings: Creating Emotionally Safe Spaces

Explore proactive strategies for making group settings safer and more welcoming for trauma survivors.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Facilitators, trainers, educators

Ethical Storytelling and Survivor Voice

Understand the ethics of using survivor narratives in advocacy, fundraising, and training.

- **Length:** 1.5 hours
- **Format:** In-person or virtual workshop
- **Audience:** Communications teams, fundraisers, advocates



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Resilience Practices for Helping Professionals

Daily practices and mindset shifts to build long-term resilience in trauma-exposed work.

- **Length:** 1 hour
- **Format:** In-person or virtual workshop
- **Audience:** All frontline staff



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Trainer Bio

About Karen M. Lopez, MS

Karen Melissa-López Scott is a bilingual, Afro-Latina, cisgender woman who has dedicated more than a decade to serving communities impacted by trauma, violence, and systemic injustice. She brings both lived experience and professional expertise to her work, blending empathy with strategy to support survivors of gender-based violence, promote equity, and create lasting change.

Karen is a certified Domestic Violence Advocate in the state of New Jersey and has worked in the field of gender-based violence prevention and survivor advocacy since 2011. Her work has spanned multiple states and organizations, expanding her reach and deepening her impact. Throughout her career, Karen has guided survivors through their healing journeys—offering trauma-informed emotional support, legal advocacy, and personalized safety planning.

Karen has led hundreds of workshops and trainings on gender-based violence, trauma recovery, coercive control, and Diversity, Equity, Inclusion, Belonging, and Accessibility (DEIBA). Her sessions are known for being engaging, honest, and transformative—empowering participants to recognize harm, challenge bias, and build safer, more inclusive spaces.

Karen's advocacy extends beyond gender-based violence work. She is deeply committed to uplifting and supporting communities that are historically oppressed and marginalized. Whether working with reentry programs, youth-serving organizations, legal professionals, or educational institutions, Karen champions culturally humble, survivor-centered approaches that emphasize dignity, empowerment, and access.

Karen holds a Master of Science in Human Services and a Bachelor's Degree in Psychology with a Concentration in Addictions

Karen is a wife, mother to eight children, and lifelong learner. She is an activist and advocate for intersectional justice and social change. In her spare time, she enjoys traveling with her family, reading, and deepening her knowledge of healing, systems change, and human behavior.



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Booking & Customization

Custom Training Development & Booking

All trainings are customizable to fit your organization's specific context, goals, and audience. Whether in-person or virtual, half-day or full-day sessions, we work collaboratively to design a meaningful experience.

Contact:

Email: klopez@life-recovery.net

Phone: 973-318-1767



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Testimonials

“Simply put: Fantastic presenter. – [Anonymous]

“Very personable.” – [Anonymous]