



**TWO DAY ONLINE SEMINAR**

# **Trauma Informed Care and the Therapeutic Process**

**MAY 11 & 12, 2023**

*This training is important for community workers who work with Indigenous, First Nations Inuit and Metis people. Education on understanding trauma and having the communication skills is important in working with trauma survivors.*

This online seminar provides an understanding of 4 important aspects in communicating with trauma survivors.

1. Provides a clear understanding of how trauma imprints are created in the mind, body and spirit and impacts, health, relationship, developmental factors, employment, education and social skills.
2. Provide a self-regulation stress release exercise to manage flashbacks, release the traumatic stress hormones from the muscles and organs.
3. Provide a healing exercise list with both western and traditional exercises/ceremonies.
4. Understand how to use a “Trauma Communication Model” to guide the client to release the traumatic stress and to feel safe/grounded and calm.

## **For more information**

[www.restoringbalanceconsulting.com](http://www.restoringbalanceconsulting.com)

Have any questions, please email:

[restoringbalanceconsulting@hotmail.com](mailto:restoringbalanceconsulting@hotmail.com)

## **Training Information:**

**Dates:** May 11th & 12th, 2023

**Registration Fee:** \$300.00

**Time:** 9:00 am to 3:30 pm

*1 hr lunch break, Training manual, Trauma Healing Guide and certificate provided*