



RESTORING BALANCE CONSULTING

Agenda

Journey to Healing Trauma

2 Day Online Workshop

Day 1

- Opening Prayer
- Introduction
- Workshop overview
- Learning how to self regulate/release the traumatic stress from flashbacks of the trauma. (Creating Safety)
- Presentation on Understanding how trauma impacts the mind, body and spirit.
- Practice the Trauma Stress Release Exercise and Self Care

Day 2

- Practice how to release the traumatic stress from the body.
- Understanding Post Traumatic Stress and how it impacts behavior.
- Emotion release exercise, Identify the emotions involved in the trauma and complete the Emotion identification exercise.
- Understanding how to release/let go of emotion and traumatic stress.
- Understanding fear and not feeling safe around, friends, family social life, workplace, school, community.
 - Changing thoughts, changing behavior.
 - Review Trauma Healing Exercise List
 - Goal Setting
 - Closing Comments