



RESTORING BALANCE CONSULTING

2 Day Trauma Support Training Workshop Agenda

Day 1

- Opening Prayer
- Understand and practice how to self regulate/release the traumatic stress in the body and turning off the survival part of the brain. (Creating Safety).
- Presentation on Understanding how imprints of trauma is created in the mind and body (brain and nervous system).
- **Coffee Break 10:00am (15 minutes)**
- Continued presentation on Imprints of Trauma. Understanding how trauma impacts the brain structure, muscles, organs, hormones, emotion, thought processing, speech.
- **Lunch Break: 12:00 to 1:00 pm**
Understanding of complex trauma, collective trauma, vicarious and secondary trauma, trauma bonding.
- Understanding how colonization (traumas) have impacted the developmental factors and development of the brain structure.
- Understanding the fight, flight, freeze and fawn response in trauma.

Day 2

- Awareness of a self regulation exercise.
- Understanding how the mind and body can stay stuck in trauma mode.
- Understanding Post Traumatic Stress Disorder and symptoms.
- **Coffee Break 10:00am (15 minutes)**
- Understanding Adverse Childhood Experiences, Substance Abuse Disorder, ADHD, Reactive Attachment Disorder
- Learn how to connect with the wounded spirit/inner child.
- **Lunch Break (30 minutes) 12:00 to 1:00 pm**
- Learn how to use the Trauma Communication Model to provide support to trauma victims/survivors.
- Learn how to witness and guide a client to release traumatic stress from the body and to guide the client to come out of survival mode and feel safe.
- Learn how to do a letting go exercise/ceremony (letting go of traumatic stress/emotion).
- Awareness of western and traditional healing exercises.
- Understand about connecting with the wounded spirit/inner child.
- Developing a healing exercise list/medicine bundle.
- Communication skills working with trauma survivors.