



Restoring Balance Consulting

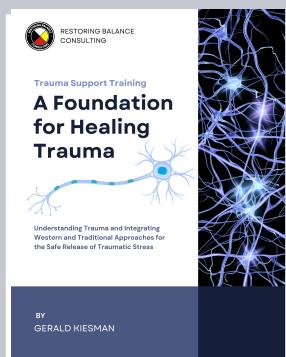
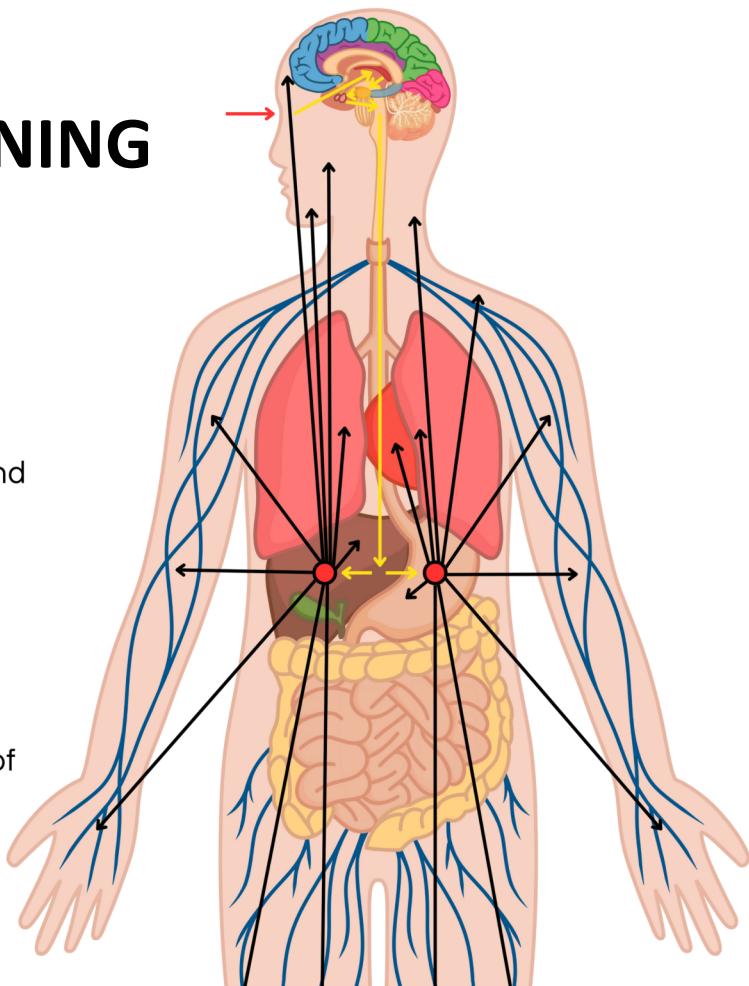
# TRAUMA SUPPORT TRAINING

## A FOUNDATION FOR HEALING TRAUMA

This two-day workshop provides community workers and caregivers with a clear and practical understanding of trauma and the healing process.

Gerald Kiesman, Motivational Speaker on Trauma Recovery and owner of Restoring Balance Consulting, has facilitated over 900 workshops, both online and onsite, throughout his 19 years in business.

Participants will gain insight into how sensory imprints of trauma are processed in the mind (brain structure) and stored within the body (organs and muscles). The workshop explores both Western and traditional approaches to safely releasing post-traumatic stress and emotional residue.



### TRAINING INFORMATION

**Registration Fee:** \$479.00

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

Lunch, a training manual, and a certificate of completion will be provided.

**FOR MORE INFORMATION  
AND TO REGISTER**

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

If you have any questions please email:  
[restoringbalanceconsulting@hotmail.com](mailto:restoringbalanceconsulting@hotmail.com)

#### **NANAIMO, BC**

March 30th & 31st, 2026  
Coast Bastion inn Hotel

#### **PRINCE GEORGE**

April 1st & 2nd, 2026  
Coast Inn Hotel

#### **VANCOUVER, BC**

April 8th & 9th, 2026  
Best Western Chateau Granville Hotel

#### **EDMONTON, AB**

April 13th & 14th, 2026  
Sandman Signature Hotel

#### **CALGARY, AB**

April 15th & 16th, 2026  
Best Western Plus Hotel

#### **SASKATOON, SK**

April 27th & 28th, 2026  
Travelodge Hotel

#### **WINNIPEG, MB**

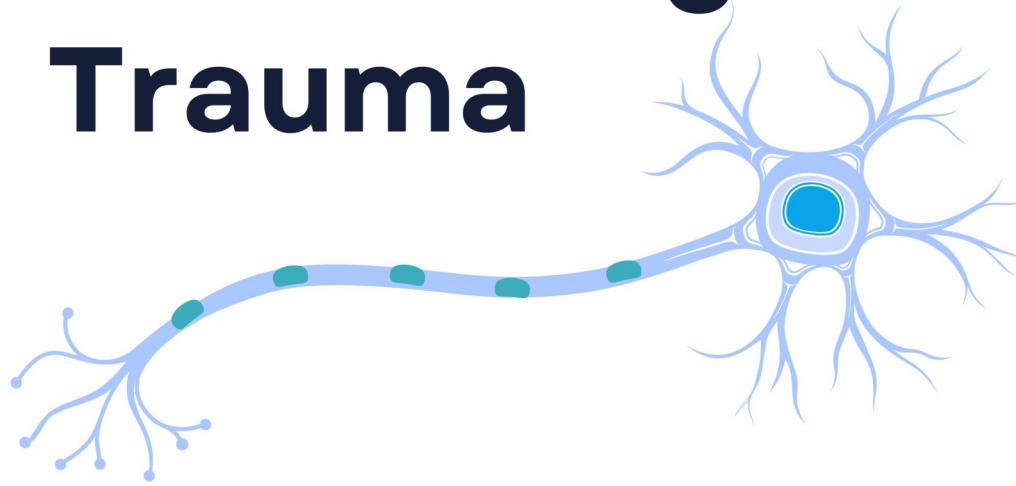
April 30th & May 1st. 2026  
Norwood Hotel



RESTORING BALANCE  
CONSULTING

Trauma Support Training

# A Foundation for Healing Trauma



Understanding Trauma and Integrating  
Western and Traditional Approaches for  
the Safe Release of Traumatic Stress



BY  
GERALD KIESMAN

## Biography of Gerald Kiesman



**Owner of Restoring Balance Consulting**  
**Speaker on Trauma Recovery/Author/Owner**

Gerald is well known and respected for his work with community workers and members throughout Canada. His ancestral background is Haida Nation and German. In 1997 Gerald started to heal a traumatic injury, In 2000, Gerald had a vision of a sensory from the trauma event travelling into the mind ( Brain Structure) and Body (muscles and organs) . Gerald went to research on “understanding how sensory imprints of trauma are created in the mind and body and spirit”. And how to release the traumatic stress/emotional residue from the body in a safe way.

In 2000, Gerald earned a certificate in Professional Counseling at the Victoria Counselor Training Institute, Level 1,2,3 Beginners Somatic Experience Trauma Counseling and Therapeutic Re-Enactment, Utilized First Nations healing ceremonies in the healing of trauma. Among his accomplishments, Gerald obtained a 2-year diploma in Business Administration.

In 2005-2006, as a Resolution Health Support Worker, Gerald provided health support to over 150 Independent Assessment Process Hearings for the Indian Residential School Settlement Agreement

In 2007, Gerald started the business “Restoring Balance Consulting”. Gerald has operated his business for 19 years. He has facilitated over 600 workshops and 300 online seminars assist community members and workers to better understand “trauma, healing, creating safety and support, to trauma survivors/victim and workers”.

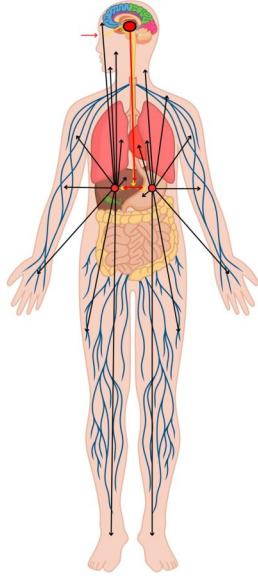
In 2011, one of Gerald’s workshops was broadcasted on CBC National News. His work and personal life experience of healing has been shared in many media broadcasts. In the summer of 2010 Gerald raised awareness of Post Traumatic Stress by cycling throughout British Columbia.

In September 2023, Gerald Kiesman was a presenter at the “Healing Our Spirit Worldwide Conference, in Vancouver, B.C, on September 14, 2023. The topic was “Trauma and Self-Regulation”.

With 19 years of research, Gerald Kiesman has developed a new workshop and manual “The Foundation to Healing Trauma” understanding how a sensory memory of the trauma creates an imprint in the mind body and spirit, and understanding how to release the trauma stress/ emotional residue in a safe way. By utilizing western and traditional ways of healing.

# The Foundation to Healing Trauma

## Understanding of Trauma



## Practical Exercises, Safety and Support

**TRAUMA STRESS RELEASE EXERCISE**  
by Gerald Kiesman

**Mind**

Say in your mind:  
"I am not in the trauma, I am here in the present, I am safe."  
(This exercise stops the brain from thinking it is still in the traumatic event)

**Body**

Breathing  
Take a deep breath through your nose and slowly release out of your mouth, do this approximately 4 to 5 times. (Calm the organs).  
(Continue to do shallow breathing).

Relax Muscle Tension  
You can do shoulder, jaw, neck rotation, bend your arms in and out and shake your legs to relax the muscles and release the stress..

Release Traumatic Stress  
Visualize the negative energy/stress in your body flowing down your arms and into your hands, as this is happening continually open and close your hands slowly, allowing the energy to release from the body.

Repeat:  
"I release the stress from my body, I am here today and safe."

©Gerald Kiesman

The Foundation to Healing Trauma is about building a foundation of understanding of trauma and learning practical healing exercise. Creating safety and a support system.

- **Understanding of Trauma:** Understanding and creating self awareness of, how sensory imprints of trauma is processed in the mind, body and spirit.
- **Practical Exercise, Safety and Support:** Learning western and traditional ways to release the stress residue (energy) that is in the mind and body (muscles, organs, hormones, skeletal structure). Reconnecting with the wounded spirit/inner child and having support..

It is about creating/enhancing awareness of oneself, the mind, body and spirit. It's about creating awareness of how the sensory experiences in the traumatic event, created an experience and imprints in the brain structure, organs, muscles, skeletal structure and hormones.

Learning how to become aware of the triggers and traumatic stress residue in the mind and body, and to be able to release the stress hormones and emotion that has not fully released from the muscles and organs in the body.

Then using western and/or traditional, approaches to release the stress and emotion that is stuck in the body in a safe way.

It is about utilizing the land, sea, sky, fire, water, air, songs, dances, cedar, sage, sweetgrass etc. in releasing the traumatic stress residue, cleansing and grounding oneself.

## 2-day Trauma Support Training-A Foundation to Healing Trauma Topics

Using everyday layman's term language and visual diagrams, this workshop will provide the foundation for healing trauma, an understanding of how trauma is processed in the mind and body, an understanding of the stress/emotional residue left in the body after a traumatic experience, a self regulation exercise (Trauma Stress Release Exercise) to manage the triggers and release the stress/emotional residue in the body, a Trauma Communication Model to witness and guide a community member who is triggered from a traumatic experience.

### Workshop Topics:

- Understanding the Definition of Trauma
- Understanding how sensory imprints of trauma is created in the brain structure, muscles and organs.
- Understanding how trauma impacts the brain structure, specifically the learning brain, survival brain, speech, thought processing, memory and brain development.
- Understanding trauma and chronic stress in children in foster care.
- Understanding how chronic stress impacts the mind and body.
- Awareness of emotions in sensory imprints of trauma.
- Awareness of the impact to the human spirit in a traumatic event.
- Understanding how belief system becomes impacted from a traumatic event.
- Understanding the flight, fight, freeze or fawn response in trauma
- Understanding how trauma hijacks the brain structure and mobilizes the mind and body in survival mode.
- Understand how to use a Trauma Stress Release Exercise to manage and release the traumatic stress/emotion from the body, and deactivate the brains alarm system, to restore the mind and body back to safety.
- Understanding Vicarious, Secondary and Complex Trauma.
- Awareness of post traumatic stress/emotional residue left after a traumatic experience.
- Understanding the diagnosis of Post Traumatic Stress Disorder.
- Demonstrate positive communication skills.
- Understanding Acute, Mild and Chronic Stress. Lateral Violence/Domestic Violence.
- Understanding the impact of trauma in Indigenous children in foster care.
- Awareness of Re-active Attachment Disorder, ADHD, FASD.
- Awareness/participate in letting go ceremony/exercise.
- Awareness of western and traditional healing approaches.
- Goal Setting
- Understanding how the residential school has disrupted the role of positive parenting and has impacted the development of the brain and genetics.

Understanding the Trauma Communication Model, a model for community workers to assist clients when they become triggered.