



Restoring Balance Consulting

TRAUMA SUPPORT TRAINING SEMINAR

Two Day Online Seminar

Workshop Overview

This two-day online seminar is designed for community workers and caregivers who support individuals who have experienced trauma. Participants will gain a comprehensive understanding of how trauma affects the mind, body, and spirit and how it influences brain structure, childhood development, behavior, health, and overall community well-being.

The seminar will also focus on effective communication techniques to help guide clients through moments of emotional triggering or recent traumatic experiences, allowing them to safely release stress and emotion from the body.

In addition, participants will learn practical strategies to manage chronic stress and lateral violence in the workplace, while engaging in healing and self-care exercises designed to promote personal resilience.

Each participant will receive a Trauma Support Training Manual and a Certificate of Completion.



October 15th - 16th, 2026



November 26th - 27th, 2026

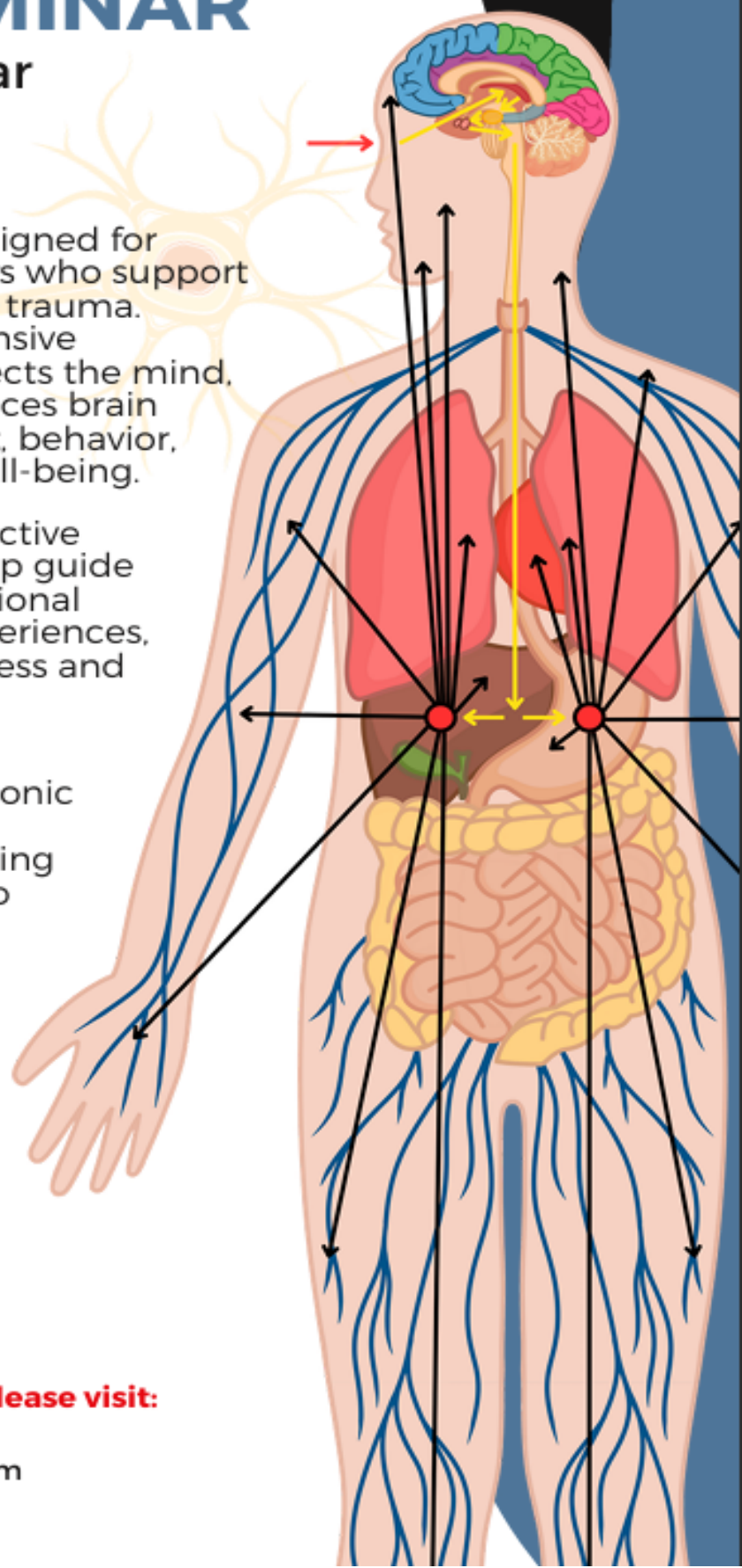
Registration Fee: \$289.00

Time: 9:00am - 1:30pm (4.5hrs)
pacific standard time

To register or for more information, please visit:

www.restoringbalanceconsulting.com

restoringbalanceconsulting@hotmail.com



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Online 2-day Trauma Support Training Topics

Using everyday layman's term language and visual diagrams to understand the science of trauma, this workshop will provide an understanding of trauma, Post Traumatic Stress Disorder, healing exercises, a therapeutic model (Trauma Communication Model) to work with trauma survivors and a Self Regulation Exercise.

Workshop Topics:

The workshop will focus on the following topics:

- Understanding the Definition of Trauma
- Understanding how sensory imprints of the trauma are 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 in mind and body in survival mode.
- Understand how to use a Trauma Stress Release Exercise to manage and release the traumatic stress/emotion and deactivate the brains alarm system to restore the mind and body back to safety.
- Understanding Vicarious, Secondary and Complex Trauma
- 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.