

What About Trauma?

*An Experiential Workshop for Implementing
Strategies for Trauma Awareness and Resilience (STAR)*

Why is this program different than other trauma trainings?

Trauma affects individuals, families and communities, and can fuel continuing cycles of conflict and harm. Many trainings give you the textbook information about trauma. STAR content gives you a powerful experience and insights into the pervasive effects of trauma on body, mind and spirit—and why people don't "just get over it" without adequate support.

This two-day workshop brings together theory and practices from neurobiology, conflict transformation, human security, spirituality, and restorative justice to address the needs of trauma-impacted individuals and communities.

This experiential workshop will equip you to recognize the effects of trauma—harm towards self and others—and help yourself and others break free and move forward.

Who should attend?

Mediators, restorative justice facilitators, therapists, case planners, mentors, peer support volunteers, educators, clergy, parents, mental health professionals, front-line workers, emergency and disaster first responders, and others working with trauma survivors.

About STAR

The content of this workshop is based on the STAR (Strategies for Trauma Awareness and Resilience) program, Eastern Mennonite University, Harrisonburg, VA, USA. For more information, go to www.emu.edu/star. STAR was developed in 2001 in response to the events of September 11th.

Trainer

Sue Klassen STAR Practitioner Sue graduated with her Masters in Conflict Transformation in 2014, with concentrations in Restorative Justice and Trauma Healing. She has been working since 2000 with trauma and restorative justice, in courts, schools and the community, as a facilitator, trainer and advocate.

What—and how—will I learn?

This workshop is practical and experiential. Over the two days, the aim is for you to:

- Examine the Strategies for Trauma Awareness and Resilience model with each other and through the lens of your own experience
- Experience the approach by practicing a variety of strategies
- Apply the concepts by relating them to your life and work
- Create a plan for implementing aspects of the training in your own life and work.

To accomplish this, participants will:

- Identify normal trauma responses in body, mind and spirit
- Identify four reasons people don't just "get over it" without support
- Practice at least eight ways to discharge frozen energy from the body, calm the brain, rebuild meaning, and address unmet needs
- Map significant aspects of your own life journey and resilience
- Share symbols of trauma and symbols of hope with other participants
- List what keeps people stuck and what helps them break free from cycles of violence
- Map where you hold stress or traumatic memories in your body and reflect on the associated emotions
- Discuss ways you are already implementing five principles of trauma-informed care and discern ways to improve
- Summarize helpful ways to respond to trauma disclosures
- Assess your satisfaction in eight areas of your life, and reflect on your life balance
- Apply the Breaking the Cycles of Violence—Building Resilience map to a situation from your own life
- to help a client discharge trauma safely from their body;
- Enhance your self-care skills through a deeper understanding of vicarious traumatization and practicing self-care tools.