



GRAND COUNCIL
TREATY #3
THE GOVERNMENT OF THE ANISHINAABE NATION IN TREATY #3

(Live Virtual Workshop)



CTRI
CRISIS & TRAUMA
RESOURCE INSTITUTE

Trauma - Strategies for Resolving the Impact of Post-Traumatic Stress

Workshop Details

November 12 & 13, 2020 (9AM - 4PM Central Time)

All costs covered by Grand Council Treaty #3 (Free)

Limited spots - Must have access to Zoom

REGISTRATION DEADLINE: TUESDAY NOVEMBER 10 2020

Workshop Description

Trauma is a wound that injures us emotionally, psychologically, physically, and spiritually. As a result, the impact of trauma can be far-reaching and enduring. This workshop provides an overview of the way trauma affects a person through the brain and nervous system. A framework which describes different stages in the process of regulating and resolving the impact of trauma is reviewed. Protective steps for enhancing helper wellbeing are also provided. Participants will learn key principles and strategies for working with trauma that apply to a diverse range of experiences and which can be applied to all ages.

Topics May Include

- When is a Person Traumatized?
- Types of Trauma - Developmental, Shock, Relational, Intergenerational
- Definitions of Post-Traumatic Impact
- Longer Term Impacts of Trauma
- The Impact of Trauma on the Body and Brain
- The Role of Memory in Trauma and Healing
- Strategies for moving into Regulated States
- Tools for Emotion Regulation
- Helping Someone Who is Dissociating
- Treating Trauma Over Time
- Safety and Stabilization
- Separating the Past from the Present and Future
- Reconnection and Resilience

Interested?

Please contact corin.copenace@treaty3.ca to register by deadline date **November 10, 2020**