

## Trauma Resilience Workshop

Purchase, NY

June 9-11, 2017

Sources: Trauma Healing Manual by Nadine Hoover  
Peacebuilding en Las Americas: Sanacion del Trauma  
Liberation Workshop – Nadine Hoover  
Eastern Mennonite University’s Village STAR (Strategies for Trauma Awareness and Resilience)

### Prep before workshop:

Handouts:

1. Groundings
2. from Village STAR: How does trauma affect us?  
How do we help victims following a traumatic event?  
What are underlying principles of listening that heal and connect people?  
What happens if we ignore trauma?  
What is resilience? How can we build resilience?
3. Emotional Freedom Technique
4. Materials for making journals: plain copy paper, stapler, crayons

### Session 1: Building Community and Safety

MMar Welcome.

AA Gathering: *Adjective or Affirmation name, where I am from, how long I’ve been involved with AVP and a power or gift for good that I have is...*

AA Agenda Preview

Opening talk

QK History—see handout

SS AVP philosophy and approach—see handout  
Experiential but not reliving. Not therapy but may be a healing experience.

CC Daily Schedule –see handout  
Orientation to workshop:  
Day 1: build community and understanding trauma and self-care  
Day 2: building a sense of safety and memories of loss  
Day 3: integrating the past with our present and re-connecting with our communities

AA Open questions, Clinicking, Journal materials

MM Cooperative Agreements—see handout

add:

Take care of yourself and the group. We will be discussing our personal traumas but there is no need to describe events in detail and we ask that you do **not** because it may trigger others in the group who may have experienced or witnessed something similar.

Be sure to get enough sleep, refrain from drinking or drugging or risk-taking. Some exercises involve touch—take care of yourself. Pass as needed.

We ask that you commit to being present for the whole workshop.

Please ask for help if you need it.

MM L+L: Big Wind Blows

SS Core Self—see handout

Break

CC Step into the Circle

AA Emotional Freedom Technique (EFT) tapping—tapping to tap on the meridians—energy pathways in the body that help to calm and relax and restore balance in the body. (see handout).

1. Side of the hand.
2. Top of head
3. Inner eyebrow
4. Side of eyes on bone
5. Under the eyes--bone
6. Under the nose
7. Chin
8. Collar bone
9. Under arm
10. Inside of wrist to inside of wrist

MM Grounding:

QK Companion Groups—see handout—discharge any emotions this brought up for you and present your core self drawing.

SS Closing: Hurling out the garbage and Holding in goodness

Wake up body with light slapping—head, face, down chest, back, down legs, up legs, down legs, up legs. Repeat. Reach up to sky. Stretch one side, then the other. Repeat. Raise arms over head, inhaling. Forced exhale as bend at waist and knees, swinging arms down to floor and behind. Inhale, raise arms to sky and repeat. Shake energy into center of the circle. Name something you want to get rid of. Everyone repeats while lunging toward center and hurling

that thing to the center. Repeat until the group is done. Then the group raises that pile of garbage and hurls it out the window. Then someone names something they want. Everyone repeats it, gathering it in from the center. Repeat until the group is done. Everyone then crosses arms over chest in a self hug, holding all that goodness inside.

## **Session 2: Understanding Trauma and Self-Care**

SS Gathering: *A quality I want to live out in this workshop is...*

SS Agenda Preview

CC/MM Stand on the Line—Brainstorm: Ways I take care of myself. 1. Sleep is a good indicator of how well we are doing. Stand on the line where you are in getting adequate sleep. 2. Stand on the line: How well I take care of myself—considering all we named in the brainstorm.

Do not reinforce the negative by asking people to speak about where they are now. If not doing self-care well, not loving self well. Give people time to talk in twos or triads with people next to them. Then move to the location you would like to be.

MM Definition of Trauma

Read definition of trauma and explain—it's not the experience it's our response to the experience.

MM Definition of Resilience: the ability to bend without breaking, the capacity to bounce back after adversity, the ability to withstand hardship and recover.

MM/CC Brainstorm Regular Stress and Traumatic Stress—see handout

AA L+L: Earthquake

Break

QK/SS Trauma Iceberg

What are the effects of trauma that we see?

What are the effects of trauma that we don't see?

What can melt the iceberg?

AA Self-Care: Deep Breathing

*“ Feel yourself sitting in your chair. Straighten your body so you will be able to breathe more easily. Close your eyes or focus softly on a spot on the floor. Feel yourself begin to relax.*

*Relax your feet, your calves. Relax your thighs. Relax your hips. Relax your abdomen. Relax your chest. Relax your shoulders. Relax your arms. Relax your neck. Relax your face.*

*Now bring your focus to your breath. Just follow the breath in and out.*

*Exhale. Inhale. Exhale.*

*Feel your breath as it comes out your nose. Inhale. Exhale. Inhale. Exhale.*

*If you feel your mind is scattered, return to concentrate on your breathing.*

*You're alive. You are here.*

*Imagine taking care of yourself with a healthy diet and exercise.*

*Allow yourself to let people you trust know your needs.*

*Take the opportunity to open up to other ways of healing whose source is outside of you and also inside of you.*

*Be willing to reach to the depths of your strength and inner resources.*

*As you exhale, let go of your pain, your disappointments and your fatigue.*

*As you inhale, allow the air to bring reassuring calm to you. Inhale, exhale, inhale, exhale.*

*As you inhale, take in vital energy, fill yourself with well-being, experience peace and let out a sigh if one is there. Ahhhh."*

Pause for a time allowing participants to relax their breathing.

Then, calmly say, "Now we are preparing to return to this space.

When you're ready, open your eyes and look around."

### **Session 3: Understanding Trauma and Safety and Transforming Power**

QK Gathering: *Something that makes me feel safe is...*

QK Agenda Preview

CC Concentric Circles

Some tools I've discovered that help me to keep my balance are...

A time I listened to someone else was...

A time I almost gave up on life but got support or strength to carry on is...

Something that has transformed my life for the better is...

AA L+L: Pattern Ball

Break

MM Safe Place

SS Transforming Power—Building Resilience, Breaking out of the Cycles

—put mandala on floor, pass out tp cards

In companion groups of three plus one facilitator, each person chooses one or two elements—how this helps me in my healing from trauma. Big group—share from groups.

#### Session 4: Remembering and Mourning

CC Agenda preview

CC Read and post definition of Loss (see handout)

There is always loss in trauma—loss of memory, loss of language, loss of capacity, loss of trust.

CC Gathering: *Something or someone important to me that I have lost is...*

AA Read and post definition of Grief (see handout)

Ask group for expressions of Grief: cry, cry, cry, kickboxing, punching, hitting, a hole in chest, wail, scream, holler, isolate, sleep a lot, depression, silence, work hard, anger, over-eat, anxiety, don't eat, talk to people, drink alcohol, drugging, smoke, don't sleep, suicide, make art—cards—as an individual, write poetry, collecting—touch can be important.

AA Read and post definition of Mourning (see handout)

Ask group for expressions of Mourning: telling stories/sharing memories, eating together, vigil, lighting candles, funeral, creating art—book, show, physical closeness, symbolic pyre, appreciate birth, celebrate life

SS Self-Care: Back massage

Break

QK A Personal Loss: 45m

MM Reflection on Friday + Saturday

MM Closing: Affirmation pyramid—one positive word that came out of your companion group

#### Session 5: Reconnecting

AA Gathering: *One person I call a friend or one person who loves me is...*

AA Agenda Preview

MM Recalling Significant Moments: 60m

AA EFT tapping

AA Grounding

Break

CC L+L: You are amazing! Turn to the person to your right (when your turn). “ \_\_\_\_\_ you are amazing!” “You are amazing because (say something that is either true or wildly fictitious and the person can accept or not). If not, s/he says, “no, that’s not true but I am amazing because...”

QK Empty Chair –see Nadine p. 46

*“I love you. You are...” or “I care about you. You are...” or “Something I really admire about you is...”*

**Session 6: Rebuilding Trust**

CC Gathering: *Someone I trust and why...*

CC Agenda preview

SS River of Life

L+L: Hokey Pokey

Human to Human

Grounding: Pleasant Memories –see Nadine p. 76

Open Questions

Reflection on whole.

AA Closing: Yarn web