

***Beyond Trauma***  
**Virtual Training**  
***Agenda***

**DAY 1**

12:00 pm – 01:30 pm	Welcome Introductions Levels of violence Definition of trauma
01:30 pm – 01:45 pm	Break
01:45 pm – 02:45 pm	Becoming gender-responsive Trauma-informed services Gender differences
02:45 pm – 03:00 pm	Break
03:00 pm – 04:00 pm	Process of trauma ACE study Stages of recovery Q&A

**DAY 2**

12:00 pm – 01:30 pm	Welcome, Review, Housekeeping  Module A: Violence, Abuse and Trauma Session 1: Introduction to the Program <ul style="list-style-type: none"><li>• Triggers</li><li>• Breathing and Exhaling</li></ul> Session 2: Connections between Violence, Abuse, and Trauma <ul style="list-style-type: none"><li>• Group Agreements</li><li>• Toxic Stress and Trauma</li></ul>
01:30 pm – 01:45 pm	Break
01:45 pm – 02:45 pm	Module A: Violence, Abuse and Trauma (continued) Session 3: Power and Abuse <ul style="list-style-type: none"><li>• Role Reversal</li></ul>

- Connection between Abuse and Power

Session 4: The Process of Trauma and Reactions to Trauma

- Types of Abuse
- Effects of Trauma on the Brain
- Substance Use Disorders

02:45 pm – 03:00 pm

Break

03:00 pm – 04:00 pm

Module B: The Impact of Trauma on Women's Lives

Session 5: How Trauma Impacts Our Lives

- Aftermath of Trauma
- Triggers and the Body
- ACE Study

Q&A

Closing

<b>DAY 3</b>
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12:00 pm – 01:30 pm

Welcome, Review, Housekeeping  
*Healing Trauma+*, a 6 session adaption

Module B: The Impact of Trauma on Women's Lives (continued)

Session 6: Abuse and the Family

- Family Sculpture
- Yoga Poses

01:30 pm – 01:45 pm

Break

01:45 pm – 02:45 pm

Module C: Healing from Trauma

Session 7: The Connection between Trauma and Addiction

- Why Some Women Use Substances after Trauma
- Spiral of Trauma and Healing

Session 8: Grounding and Self-Soothing

- Physical Grounding
- Mental Grounding
- Self-Soothing Chart

02:45 pm – 03:00 pm

Break

03:00 pm – 04:00 pm

Module C: Healing from Trauma (continued)

Session 9: Mind and Body Connection

- Mind-Body Connection
- Creating a Container
- Feelings and the Body

Q&A

Closing

<b>DAY 4</b>
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12:00 pm – 01:30 pm	Welcome, Review, Housekeeping  Module C: Healing from Trauma (continued) Session 10: Our Feelings <ul style="list-style-type: none"><li>• Empathy and Compassion</li><li>• Meeting a Feeling</li></ul>
01:30 pm – 01:45 pm	Break
01:45 pm – 02:45 pm	Module C: Healing from Trauma (continued) Session 11: Healthy Relationships <ul style="list-style-type: none"><li>• What is a Healthy Relationship?</li><li>• Relationship Wheel</li><li>• Wheel of Love</li></ul> Session 12: Endings & Beginnings <ul style="list-style-type: none"><li>• Building an Alter</li><li>• Meaning and Importance of Spirituality</li></ul>
02:45 pm – 03:00 pm	Break
03:00 pm – 04:00 pm	Implementation Issues Q&A Closing