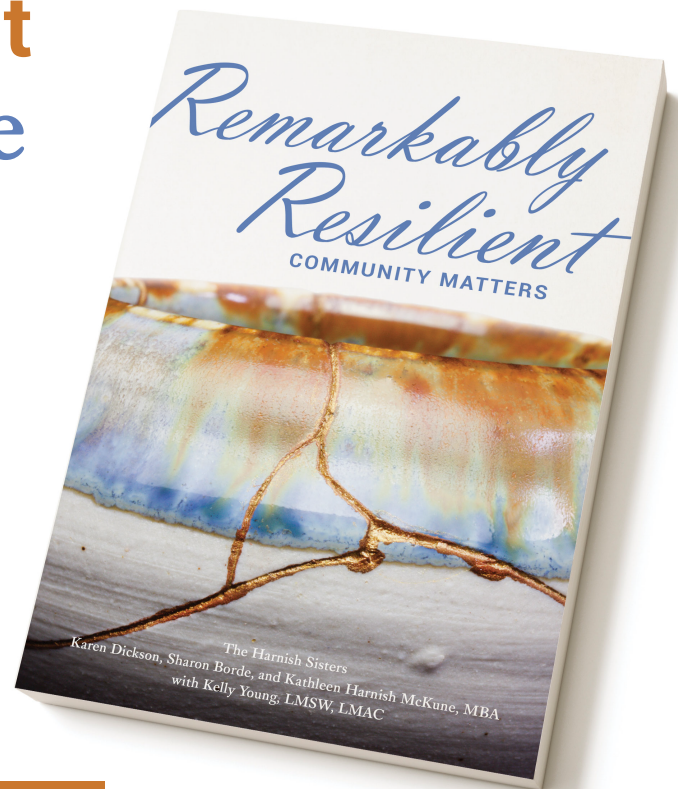


Remarkably Resilient Building Resilience in Communities

Workshops Based in the Neuroscience of Trauma and Resilience

This workshop is for those who work with, or are interested in learning about how to help, individuals who have been traumatized by adverse childhood experiences (ACEs). We offer insights on how to better understand the neuroscience of trauma and resilience, techniques to turn adversity into resilience, and provide the four fundamental R's of building resilience as a part of the healing process.

Participants will leave this workshop with the skills to build stronger communities that shape and support journeys in recovery as well as an understanding of how to help individuals move forward throughout the healing process.



Customize your workshop...

We create customized presentations and workshops specific to your individual or organizational goals. Some of the topics that can be included are:

- The definition of ACEs
- ACE scores and their relationship to the causes of toxic stress and trauma
- The effects of trauma on neurological and physical health (Neuroscience of Trauma)
- Trauma and chronic dysregulation
- The role of Resilience and how to build it
- Understanding communities' role in creating and sustaining resilience
- How to identify and respond to those who have been adversely affected by ACEs
- Identifying turning point moments in resilience
- Techniques to help break the intergenerational cycle of abuse and trauma

“Listening to Kathleen and Karen share their journeys through a childhood of trauma and abuse before an audience of over two hundred people at a recent conference on violence prevention I was awe-struck by how they had responded with strength and resilience. The insights they share from their journeys to recovery in *Remarkably Resilient: Community Matters* provide avenues for how we as individuals and as members of the larger community can help promote healing and resilience in ourselves and others. They reinforced my belief that we all have the power to heal, through kindness, compassion, empathy and understanding.”

Tim DeWeese, LMSW - Director, Johnson County Mental Health Center

Our facilitators can present and partner with people in your organization to tailor a workshop specific to your needs.

For more information or to schedule a presentation, please email Kathleen Harnish McKune at kathleen@teamtechinc.com or call 913-706-8797.