

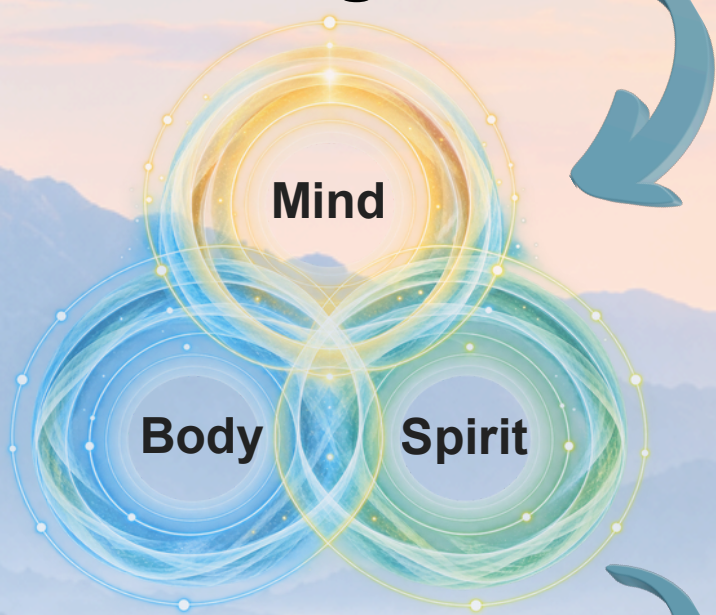
Be the Difference

BECOME TRAUMA-INFORMED

A 3-part workshop for non-therapists

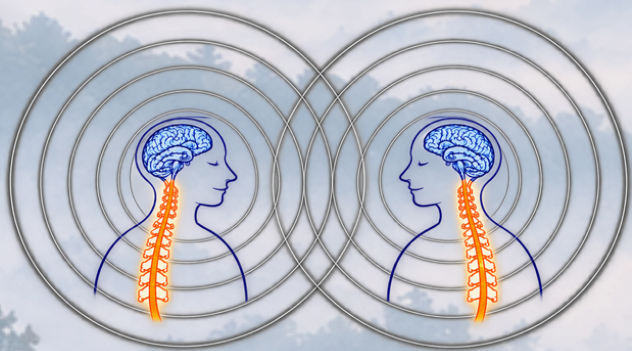
Trauma destroys truths we once lived by

“Integrate



- My parents will love me.
- My community is safe.
- My body can be trusted.
- The world makes sense.

Embodiment



For generations, difficult experiences were not carried alone. We had grandparents, elders, wise people in the kampong, whom we could turn to when life became overwhelming or unbearable

Therapy can be enormously valuable on the healing journey. But healing does not belong exclusively to the domain of the therapist.

Lead



The journey through these three workshops is about developing your own capacity to become people-centred and grounded enough to restore the relationships and the communities in which healing becomes possible.

Become TRAUMA-INFORMED

Program Flow



Integrate

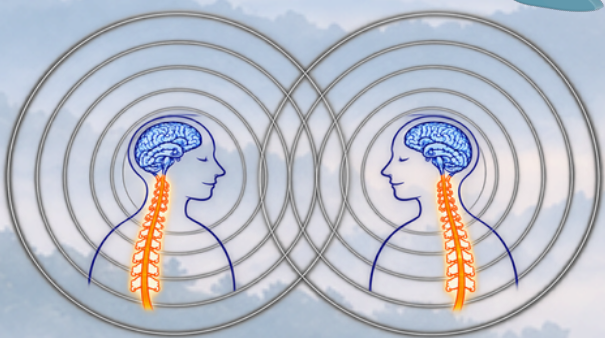
A three part journey into Trauma, Resiliency, & Healing

Level 1 S\$200

November 3rd 7-9:30pm

1. What is Trauma?
2. When does trauma happen?
3. Self-regulate when it matters
4. Cultivate deliberate inner calm

Embodiment



Level 1-2 S\$350

November 10rd 7-9:30pm

1. Neuroscience of Trauma
2. Connection & Co-Regulation
3. Post-Traumatic Growth
4. Trauma Releasing Exercises TRE™

Lead



Level 1-2-3 S\$500

November 17th 7-9:30pm

1. Multi-Generational Healing/Trauma
2. Avoiding Vicarious Traumatization
3. Attachment & Human Development
4. Integrate, Embodiment and Lead

In partnership with



These programs are very experiential. Please dress comfortably and bring a water bottle and mat or a towel to lie down on.



**Held at The Yards
406 Joo Chiat Place
Singapore**