

TraumaTALKS



An Introspective Look at Trauma and the Need for Self-Care

A two-hour training applicable for anyone working directly or indirectly with children and teens, including educators, medical and mental health professionals, foster parents, and child-oriented organizations.

Many of us may not recognize the trauma wired in our own body and brain until it gets activated. If we are to help children heal, we must also examine our own history—both our personal traumas and secondary traumas we have absorbed.

In this two-hour training, you will **discover how trauma may be preventing you from being fully available for others, identify multiple ways to complete the stress response cycle, learn healthy tools to manage your thinking and emotions, and create your own self-care plan to help you stay on track.**

This Professional Development Activity is approved by Texas Psychological Association (TPA): Two hours of Professional Development credits available.



DR. ANN FRIEDMAN
Psychologist and Director of Curriculum at The Jung Center's Mind Body Spirit Institute



SHAWN ALEX NEMETH
Trauma Survivor and Founding Director & CEO of Chester Street Foundation

Materials for this two-hour training include a presentation guide, self-care plan template, and Professional Development Certificate.

AVAILABLE PRICING

\$1,000: Up to 50 participants

\$1,500: 50 +

Contact us for alternative pricing options

GET SELF-CARE TRAINING

To bring *An Introspective Look at Trauma and the Need for Self-Care* to your organization, visit ChesterStreetFoundation.org, contact Shawn@ChesterStreetFoundation.org, or call 832.982.4514.



THE JUNG CENTER'S
MIND BODY SPIRIT
INSTITUTE

The mission of Chester Street Foundation is to shine a light on the invisible wounds of childhood trauma so that children receive the treatment they deserve.