

Training Opportunity

February 27, 2018

9:00 am – 3:30 pm

First 5 Conference Center

1115 Atlantic Ave, Alameda, CA 94501

Trauma Informed Care: NEAR Informed Solutions

A one-day training for providers, educators and community leaders
to better understand Trauma Informed Care.

The training will share insights and strategies from the self-healing communities work in Washington State



Trainer: Teresa Posakony
www.EmergingWisdom.net

Teresa is a seasoned facilitator, coach and a geek about the Neurosciences & Epigenetics. Since 2003 she has been involved as a consultant and trainer in efforts to reduce trauma in communities.

She was the facilitator for the first national NEAR Science thinktank and the statewide Early Learning Symposium to address Adverse Childhood Experiences (ACE's). She's consulted and provided training for the communities, organizations and networks across the state for participatory leadership and building healthy and resilient communities. She's focusing on NEAR and the transformational practices we can bring into our lives, communities, organizations, and state systems to truly help us.

The **Public Health Institute** and **John Muir Health** are excited to sponsor this one-day training.

The front lines of social justice leadership are often stressful places to stand. The causes, the people, the issues, ask a lot of us. They ask the best of us when we're standing in communities with historic trauma - looking to find ways to transform the system, transform the situation, and heal ourselves.

The NEAR Sciences are: **Neuroscience, Epigenetics, ACE's (Adverse Childhood Experience), and Resilience**. NEAR offers a new paradigm that helps both at a personal level, at a community level and at a systems level.

Using a combination of presentation, interactive exercises, dialog, and theatre games Teresa will help explore NEAR and how we can put these insights to work.

Key learning objectives:

- Come to a common understanding and common language around NEAR, the Science of Hope.
- Learn how to shift our consciousness when we learn the effectiveness of building RESILIENCE.
- Understand how the brain is conditioned and the role of Early Childhood experiences.
- Explore NEAR strategies and solutions that can build social determinants of health.



[CLICK HERE TO REGISTER](#)

SPACE IS LIMITED – COST IS \$45.00 TO COVER LUNCH AND MATERIALS

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