



Trauma First Aide™ Training Basic-Level 1



Trauma First Aide™ Associates

Prevent More, Treat Less
support • strengthen • stabilize

Trauma First Aide™ (TFA) bridges the physiology and psychology of traumatic events. Developed as a short-term model, TFA will teach you skills to reduce symptoms of acute traumatic stress and to stabilize the nervous system in high arousal and urgent situations. TFA is useful for complex trauma, first response, disaster settings, and as a self-care model. You will explore the nervous system's role in trauma, differences between cognitive and somatic approaches and the effects of trauma beyond "mental health". Viewing typical acute traumatic stress symptoms as a disorganized mind-body system response, you learn to work directly with the trauma symptoms, using an integrative approach. Our focus in TFA is on trauma education, early intervention and the reduction/prevention of secondary traumatization and PTSD.

Learning this technique helps you reduce or prevent secondary traumatic stress (compassion fatigue). Compassion fatigue is often experienced by people that work with traumatized clients in traumatic settings. You will practice self-care skills to avoid burnout and secondary traumatization.

TFA is based on current research about the impact of trauma on the brain and body and new findings in somatic psychology, neurology and endocrinology. It is inspired by the burgeoning field of mind-body therapeutic interventions including: biofeedback, EMDR, yoga, imagery, meditation and Somatic Experiencing®. It was created by Dr. Geneie Everett and her colleagues after working with survivors of the Asian tsunami in Thailand and Hurricane Katrina.

Class Objectives:

- Identify at least three physiological responses of the parasympathetic and sympathetic nervous systems in trauma
- Identify the divisions and basic functions of the triune brain
- Recognize the relationship of the triune brain to trauma
- Recognize nervous system release patterns and re-stabilization
- Define "explicit memory" and "implicit memory" and their relationship to trauma
- Identify two or more differences between somatic and cognitive approaches to trauma therapy
- Gain the capacity to work directly with acute traumatic symptoms using basic TFA skills
- Incorporate TFA with prior training in CISM (Critical Incident Stress Management)



About the Instructors:

Geneie Everett, PhD, RN, SEP, is the Founder and Director of Trauma First Aide Associates. Formerly Dr. Everett served as the Director of the Foundation for Human Enrichment's Trauma Outreach program (TOP) where she led a team to Thailand to assist tsunami survivors and deployed multiple outreach teams to Louisiana in response to hurricanes Katrina and Rita. Dr. Everett has 35 years experience as an Integrative Practitioner incorporating multiple Body/Mind techniques from western medicine and native cultures. She now teaches Trauma First Aide across the United States. Trauma First Aide™ is a short-term stabilization model Dr. Everett and her colleagues developed to treat symptoms of acute traumatic stress in urgent settings. Dr. Everett's book '*Trauma First Aide*' will be published in 2009. GEverett@TraumaFirstAide.com



Kristin Sagert, PhD, LISW, SEP is a psychotherapist in private practice. Her approach is body-centered, psycho spiritual, and a pattern level exploration with a Jungian orientation focusing on adults with all types of trauma, in life transitions, emotional distress in its varied forms, acute and chronic health issues and grief. Additionally, she integrates her understanding of diverse ways of healing with an extensive western health-care experience as a medical social worker and a PhD in preventive medicine, which includes experience in formal and informal teaching of medical and social work students and research. Dr. Sagert was a member of the Trauma Outreach team post Katrina/Rita and has been part of the Trauma First Aide© teaching staff in New Mexico, California, and Louisiana. KSagert@TraumaFirstAide.com

Trauma First Aide™ Training Basic Level-1

Seminar Registration Form

Please fill out completely and send with your payment.

Registrant's Name: _____ Date of Birth: _____

Occupation (*please circle*): DC AC MT CA Other: _____

Office Address: _____

City: _____ State: _____ Postal Code: _____

Office Phone: _____ Office Fax: _____

E-mail: _____

Schedule of events:

Sat., June 6, 2009—9:00 a.m. to 5:00 p.m. (one hour lunch on your own)

Sun., June 7, 2009—9:00 a.m. to 5:00 p.m. (one hour lunch on your own)

Tuition:

\$335 (\$315 if received by May 15, 2009)

50% discount first responders/students/military

20% organizational discount for 3 or more registrants

CE Hours:

14 hours

Approved for LISW, RN, EMT, LMFT, LPCC, DOM, and DC (5-State area)

Northwestern Health Sciences University is NCBTMB (#450464-07) and NCCAOM (ACHB-078) approved provider.

How do I register?

Phone: (952) 885-5446 or (800) 888-4777 x446 – with your credit card

Fax: (952) 881-3028 – with your credit card

Mail check: Northwestern Health Sciences University, 2501 W 84th St, Bloomington, MN 55431

Payment Method:

Amount to Charge (USD): \$ _____



Or check made payable to “NWHSU”

Card Number: _____

Exp. Date: _____ 3-digit code on back of card: _____

Address associated with card: _____

Authorized Signature: _____