



# Trauma First Aide™ Associates

Prevent More, Treat Less

support • strengthen • stabilize

## Trauma First Aide™ Training

Level 2 - Advanced

San Francisco, California

October 4, 2009

**Course: Advanced Trauma First Aide 1-Day**

- ✓ Builds on the skills learned in the Basic TFA-1
- ✓ Focuses on working with high levels of activation in urgent situations.

**When:** Sunday, October 4<sup>th</sup>, 2009

**Where:** TBA

**Time:** 9:00 – 5:00 PM

**Cost:** \$185 (\$165 for early registration, if received by September 11, 2009)  
(50% discount for First Responders/Military)

**CEUs:** National approval for social workers, nurses, acupuncturists and EMTs  
(*check with your local state requirements*)

**On-line Registration:** [www.TraumaFirstAide.com/register](http://www.TraumaFirstAide.com/register)

**Email:** [Registrar@TraumaFirstAide.com](mailto:Registrar@TraumaFirstAide.com) or **Call TFA Office:** (505) 471-5815

**Who Should Attend? \* Prerequisites to attend this class**

A certificate of completion in Basic TFA.

**Advanced Trauma First Aide™ (Adv-TFA)** provides helping professionals with skills that can reduce the symptoms of Traumatic Stress in urgent situations. This workshop builds on the skills learned in Basic TFA and offer tools to *increase the capacity* to work with acute symptoms in high arousal situations. **Advanced TFA** supports and strengthens skills that reduce trauma symptoms in urgent situations. **Advanced TFA** is highly experiential and uses real-life scenarios for participant practice.

**TRAUMA FIRST AIDE™ (TFA)** bridges physiology and psychology. Developed as a short term model, **TFA** teaches 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. **TFA** skills help health professionals assist their clients reduce their trauma symptoms, giving them a greater sense of self-control. The **TFA** approach provides direct access to the dysregulated nervous systems of people who have experienced traumatic situations. This allows the establishment of a bridge in the nervous system between survival mode and a return to normal functioning. This workshop explores 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 dysregulated mind-body system response, we 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 by building resilience in the nervous system.

**Advanced Trauma First Aide™ Participants will learn to:**

- Increase capacity to work directly with acute traumatic symptoms in high-arousal situations
- Identify 6 or more physiological traumatic responses of the Peripheral Nervous System
- Improve recognition of release patterns in the Peripheral Nervous System
- Apply TFA skills to facilitate release and stabilization of the Peripheral Nervous System
- Practice TFA skills in hi-arousal role playing situations, simulating real-life events.
- Incorporate TFA skills into their particular scope-of-practice.
- Reinforce application of TFA skills as means of self-care and self-regulation.

**Instructor:**

**Geneie Everett, PhD, RN**, is the Founder and Director of Trauma First Aide Associates, LLC. Dr. Everett served as the Director of the Foundation for Human Enrichment's Trauma Outreach Program (TOP) and in January 2005 led a team to Thailand to assist tsunami survivors. She also 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. In addition to her integrative healing practice in Santa Fe, New Mexico, she served as a member of the Subcommittee on Integrative Practice to the N.M. Board of Nursing, worked in a full integrative medical practice and sponsored the "Hundred Medicines®: Honoring Many Paths" conferences on integrative practice. Her hospital nursing experience included critical care, renal transplant, and emergency medicine. She provides classes in Trauma First Aide™ across the United States and soon in the United Kingdom and Canada. Trauma First Aide™ (TFA) is a short term stabilization model developed by Dr. Everett and colleagues to treat symptoms of acute traumatic stress in urgent situations. The focus of TFA is on trauma education, early intervention, and prevention of trauma. When working with trauma, Dr. Everett's commitment is to reduce the long term consequences of trauma and to "prevent more and treat less". Dr. Everett's book, *Trauma First Aide*®, will be published in 2009. [GEverett@TraumaFirstAide.com](mailto:GEverett@TraumaFirstAide.com)