



# Trauma First Aide™ Associates

Prevent More, Treat Less  
support • strengthen • stabilize

## Trauma First Aide™ Training

### Basic-Level 1

San Francisco, California

October 2 - 3, 2009

**When:** Friday & Saturday, October 2 – 3<sup>rd</sup>, 2009

**Where:** TBA

**Time:** 9:00 - 5:00 PM

**Cost:** \$335 (\$315 for early registration, if received 3 weeks in advance by 09/11/09)  
(50% discount for First Responders/Military)  
(20% Organizational discount for 3 or more registrants)

**CEs:** Continuing Education approved for LISW, RN, EMT, LMFT, LPCC & DOM  
(check with your local state requirements)

**On-line Registration:** <http://www.traumafirstaide.com/register>

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

#### Who Should Attend?

This training is recommended for individuals who work in high stress environments or in volatile situations including: nurses, therapists, doctors, EMTs/Paramedics, firefighters, law enforcement, military, veterans, teachers, crisis counselors, PT/OT, clergy, educators, Employee Assistance Program managers, risk managers, mediators and disaster workers.

**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.

Current research shows that trauma contributes to more than mental health problems including an array of physical syndromes involving altered pain processing and increased disease in cardio vascular, nervous and gastrointestinal systems. Recent trauma therapies include working with the nervous system, reestablishing the mind-body connection because trauma is in the nervous system – NOT the event!

**TRAUMA FIRST AIDE™** is also very useful to help reduce or prevent secondary traumatic stress ('compassion fatigue') in helping professionals. Those most susceptible to this reaction are providers that work with traumatized clients and in traumatic settings including: hospitals, first response situations, disasters and battle zones. The high burnout rate seen in helping professionals may very well be the effects of secondary traumatization. **TFA** self-care skills are reinforced through practice throughout the class.

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

#### **TFA Basic Class Objectives:**

- \* Identify at least 3 physiological responses of the parasympathetic & 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 2 or more differences between somatic & 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)
- \* Apply TFA skills as a means of self care and self regulation

#### **Co-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](mailto:GEverett@TraumaFirstAide.com)