



Fall 2011

The Brookfield Institute News

8 W. Main Street, P.O. Box 388
Brookfield, MA 01506
Phone (508) 637-1215

Strategies for Trauma Awareness and Resilience I

September 10th – 11th and October 1st – 2nd, 2011

Participants will...

- *Understand what happens when individuals are traumatized;*
- *Learn about the unique dynamics of traumatized communities;*
- *Discover the path to healing for both individuals and communities; and*
- *Receive some specific tools for healing, resiliency and renewal*

In this STAR 1 training, theory is combined with experiential learning through engaging, transforming exercises. Trainings deal with the trauma of both natural and human-caused catastrophes. Participants are required to stay for the entire four days of this intensive and interactive workshop. Registration is limited to 20 participants to enhance the interactive nature of the learning experience.

Saturday, September 10th, 9 a.m. – 5 p.m.
Sunday, September 11th, 3 p.m. – 8 p.m.
Saturday, October 1st, 9 a.m. – 5 p.m.
Sunday, October 2nd, 3 p.m. – 8 p.m.

STAR is a joint effort of Church World Service and Eastern Mennonite University's Center for Justice and Peace-building.

Cost:

\$250 per person for the first session (Sept. 10-11) will provide a general overview of trauma healing.

\$400 per person includes 4 days of interactive workshop training, with a specific focus on trauma healing for returning veterans and military families in session two (Oct. 1-2). All participants will receive the STAR manual and morning refreshments and lunch everyday.

Location:

The Brookfield Inn,
8 West Main Street, Brookfield, MA
(directions at www.brookfieldinstitute.org)

Overnight accommodations at the Inn available at an additional cost (call 508-867-3111 to make a reservation for overnight accommodations at a discounted rate).

Past participants have included:

Over 3000 participants have come from the U.S. and many international settings. Past attendees include: Clergy, civil and religious leaders after 9/11; Youth workers in the devastated Gulf Region post-Katrina; Disaster and relief workers world-wide; Leaders in post-war settings; Persons supporting returning military veterans; as well as Psychotherapists, social workers, nurses, mediators, teachers, lawyers, retirees, and students.

Program objectives:

By the end of the training, you will be able to:

- Define types of trauma and recognize the impact on body, mind and spirit
- Understand the cycles of victimhood and violence for individuals, communities and societies and the relationship to unhealed trauma
- Apply the STAR model, "The Trauma Healing Journey: Breaking the Cycles of Victimhood and Violence" to individual and group situations
- Use new skills to address trauma and build resilience
- Recognize compassion fatigue/satisfaction levels in caregivers
- Identify justice needs of survivors and offenders and practical restorative, creative and transformative responses to these needs
- Relate trauma work to the field of peace-building

This workshop is facilitated by the Rev. Dr. Beverly Prestwood-Taylor, (The Brookfield Institute), and other trained STAR facilitators through Eastern Mennonite University's Center for Justice and Peace-building.



"I cannot tell you the scope of significance STAR has had for me ... Time and time again, I am drawn back into my ... to rethink a process, a conversation, a hurt, and the manner meetings proceed and find refreshed segments of my soul breaking out to lead in a new way. What a blessing".

--past participant



Strategies for Trauma Awareness and Resilience

September 10-11 and October 1-2, 2011

Name: _____

Address: _____

Phone: _____

Email: _____

Register me for: ____ STAR I, September 10-11 and/or October 1-2, 2011.

Registration fee : \$400 per person \$____ enclosed

Send this registration form and your check made payable to

"The Brookfield Institute" P.O. Box 388, Brookfield, MA 01506,