

Deepening the Work: Understanding and Cultivating Trauma-Informed Communities

In this one-day experience, participants will deepen their understanding of how childhood trauma and adversity impact the long-term health of a community and how to strategically bring about grass-roots change.

The morning will focus on The PolyVagal Theory, the pair of ACES, and intergenerational trauma in context of communities. Furthermore, participants will gain an understanding of theoretical frameworks for conceptualizing trauma-informed change (i.e. systems-thinking, social network theory, conditions for high employee engagement, etc). The afternoon will focus on the application of the knowledge gained in order to create actionable plans for the future.

This event promises to be eye-opening, connecting, and inspiring for those looking to leverage the power of coalition work to bring about community health.

Agenda

9:30-9:45	Welcome, Norms, Easing In
9:45-10:45	Sharpening the Trauma-Informed Lens: The PolyVagal Theory, Pair of ACES, and Intergenerational Trauma in Communities
10:45-11:00	Break
11:00-12:00	Systems and Network Thinking for Addressing Complex Social Change
1:00-1:45	World Café: Answering the Essential Questions
1:45-2:15	SWOT Analysis
2:15-2:45	Action Planning
2:45-3:00	Closing Activity

BIO



Emily Read Daniels, M.Ed., MBA, NCC, SEP™ in training

Emily Read Daniels has 20 years' experience supporting youth & public servants and leading change efforts in mission-driven settings.

She holds a Master's of Education in School Counseling and a Master's of Business Administration in Organizational Sustainability. She is a Nationally Certified Counselor (NCC) and a Somatic Experiencing™ Practitioner (SEP) in training. She is a trained Reiki practitioner and trained in Mindfulness-Based Stress Reduction.

Daniels is an experiential, "bottom-up" trainer with a focus on generating high levels of psychological safety among diverse stakeholders in order to accomplish aligned and collaborative strategic direction. She launched her own consulting firm, HERE this NOW (www.herethisnow.org), in July 2017 and has consulted locally, regionally, and nationally to help others bring about trauma-informed change in their respective settings and communities.