



WORKSHOP

Trauma-Informed Response and Accompaniment



Understanding the long term effects of trauma will help you help others.

In your role as a volunteer, pastoral minister, teacher, caregiver, or parent, you can benefit from learning about trauma and the long-term physical, mental, and emotional effects it can have on those you serve and love. There is much new science around trauma and new therapies that gives us the tools and language to better respond. Becoming trauma-informed helps us put the needs of survivors first and guides us to healing and restorative practices.

This workshop helps you understand:

- what trauma is and its causes
- the physical effects of childhood trauma on the brain
- the Adverse Childhood Experiences (ACEs) study
- the widespread impact of trauma and paths for recovery
- the signs and symptoms of trauma in parishioners, families, and others

You will come away with:

- knowledge of what to say and do when someone discloses trauma experience
- practice or role play in responding to survivors

SATURDAY, JANUARY 20

9:30 AM TO 12:30 PM

ST. THERESE PARISH, WOOLDRIDGE CENTER

7207 MO-9, Kansas City, MO 64152

RSVP AT www.journeytobethany.org/events/jan20workshop/

OR SCAN THE CODE BELOW

Coffee and snacks provided.

The workshop is facilitated by Whitney True-Francis, MA, RYT. Whitney is the Victim Assistance Coordinator for the Diocese of Kansas City-St. Joseph and works with Journey to Bethany volunteers and survivor community.

This workshop was developed with the help of survivors and deacons in the diocese. Knowing that deacons are approachable for parishioners as someone they can relate to yet also turn to for support, they requested training in how to respond to survivors who disclose abuse.

PRESENTED BY

- Journey to Bethany, www.journeytobethany.org
- Your Parish's Mental Health Ministries Committee

RSVP



Questions?

Email the Mental Health Ministries Team—mhm@sttheresenorth.org

Or Journey to Bethany—jprusa@journeytobethany.org or 816-683-8999

