

Dealing with Challenging Clients: Why Don't They Just Get Over It?

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Day 1

9:00 AM Welcome; Overview; Guidelines; What is trauma?

10:15 AM *Morning break*

10:30 AM Body effects of trauma; Brain effects of trauma; Grounding & Containment

11:45 AM *Lunch*

12:45 PM Symbols of Trauma circle & debrief; EFT & Container exercises

1:45 PM *10 minute self-care break following circle*

2:00 PM Common effects of trauma; Cycles of violence; Staying stuck & breaking free

3:10 PM *Afternoon Break*

3:25 PM - 4:30 PM Discussion of pre-readings; Emotional first aid tools; Overview of Day 2

Day 2

9:00 AM Trauma & resilience exercises; Breaking cycles of violence

10:30 AM *Morning break*

10:30 AM Listening to trauma stories; Vicarious trauma; Resilience

11:45 AM *Lunch*

12:45 PM Reconnection components: Restorative justice; Forgiveness

2:20 PM *Afternoon Break*

2:35 PM - 4:30 PM Symbols of Hope circle; Emotional first aid: tools & practice