

EXPANDING TOOLKIT

TRAUMA-INFORMED PRACTICE INSTITUTE

Healing from the Inside Out

October 5 - 8, 2021

The CWRU Center on Trauma and Adversity will host the 3rd Annual Expanding the Toolkit: Trauma-Informed Practice Institute in October 2021 virtually.

The focus of this year's Institute is on healing from the inside out. Four nationally renowned keynote speakers will focus on the role of the nervous system in healing from individual, intergenerational, and collective trauma. Following each keynote, attendees will have the opportunity to participate in facilitated discussion, hear from panelists, or engage in self-care offerings.

The Institute will attract thousands of helping professionals worldwide, including mental health professionals (social workers, counselors), direct service providers (child welfare, residential staff), peer support professionals, educators, and human resources. The goal of the Institute is to provide resources and information to promote a more resilient, interdisciplinary network of practitioners; enhance interprofessional collaboration and connectedness among a network of transdisciplinary professionals providing trauma-informed care; and improve the quality of care for individuals, families, and communities experiencing trauma and adversity.

Keynote Speakers

KAI CHENG THOMAND, MSC

Tuesday, October 5, 2021

Kai Cheng Thom, MSc, is a somatically trained coach, consultant, and conflict resolution practitioner working at the intersection of mind, body, and collective soul. She is also an internationally published, award-winning author and the developer of the Loving Justice methodology. Grounded in the neuroscience of trauma as well as over a decade of experience in mental health and community organizing practice, Kai Cheng will provide participants with a politicized lens for understanding embodiment as trauma-informed practice as well as several practical frameworks and strategies for developing dual awareness and collective liberation in the context of service provision. Kai Cheng will also provide a brief introduction to her Loving Justice model, a spiritual and somatic lens on conflict resolution and trauma.

MARIEL BUQUE, PHD

Wednesday, October 6, 2021

Dr. Mariel Buque is a Columbia University-trained licensed psychologist, holistic mental health expert, and sound bath meditation healer. Her work centers on helping people heal their whole selves through holistic mental wellness practices and on healing wounds of intergenerational trauma. She also focuses on delivering healing and anti-racism lessons and workshops, as she believes in the liberation of our minds and of oppressive systems as necessary qualities of our overall wellness. Dr. Buque will be speaking about the neurobiology of intergenerational trauma and collective stress, how to identify and cope with burnout, and how to access ancestral wisdom. Dr. Buque will share the importance of prioritizing joy and engage participants in experiential practices to promote a settled and resourced nervous system.

BRUCE PERRY, MD, PHD

Thursday, October 7, 2021

Dr. Bruce Perry is the Principal of the Neurosequential Network, Senior Fellow of The ChildTrauma Academy and an Adjunct Professor at Northwestern University and La Trobe University, Melbourne, Victoria Australia. His work on the impact of abuse, neglect and trauma on the developing brain has impacted clinical practice, programs and policy across the world. Dr. Perry is the author, with Maia Szalavitz, of best selling book *The Boy Who Was Raised As A Dog*. Dr. Perry's most recent book, *What Happened to You? Conversations on Trauma, Resilience, and Healing*, co-authored with Oprah Winfrey, was released in 2021. Dr. Perry will be speaking about the integration of principles of developmental neuroscience into clinical practice with traumatized children and families. He will also provide an overview of his Neurosequential Model®, a developmentally sensitive, neurobiology-informed approach to clinical work (NMT), education (NME) and caregiving (NMC), and sport (NMS).

SHAWN GINWRIGHT, PHD

Friday, October 8, 2021

Dr. Shawn Ginwright is one of the nation's leading innovators, provocateurs, and thought leaders on African American youth, youth activism, and youth development. He is Professor of Education in the Africana Studies Department and a Senior Research Associate at San Francisco State University. His research examines the ways in which youth in urban communities navigate through the constraints of poverty and struggle to create equality and justice in their schools and communities. Dr. Ginwright is Founder and Chief Executive Officer of Flourish Agenda, Inc., a national nonprofit consulting firm, whose mission is to design strategies that unlock the power of healing and engage youth of color and adult allies in transforming their schools and communities. Dr. Ginwright will be speaking about Healing Centered Engagement as the future of healing and a necessary next step beyond trauma-informed care that utilizes an asset-based, culture and identity-informed framework to promote well-being.

Agenda

TUESDAY, OCTOBER 5, 2021

- 1:00 – 2:30 PM ET **Kai Cheng Thomand, MSc**
2:30 – 3:30 PM ET Facilitated Discussion
3:30 – 4:00 PM ET Self-Regulation Activity



WEDNESDAY, OCTOBER 6, 2021

- 1:00 – 2:30 PM ET **Mariel Buque, PhD**
2:30 – 3:30 PM ET Facilitated Discussion
3:30 – 4:00 PM ET Self-Regulation Activity



THURSDAY, OCTOBER 7, 2021

- 1:00 – 2:30 PM ET **Bruce Perry, MD, PhD**
2:30 – 3:30 PM ET Facilitated Discussion
3:30 – 4:00 PM ET Self-Regulation Activity



FRIDAY, OCTOBER 8, 2021

- 1:00 – 2:00 PM ET **Shawn Ginwright, PhD**
2:00 – 3:00 PM ET Facilitated Discussion
3:00 – 3:30 PM ET Self-Regulation Activity



Register at <https://cglink.me/2cS/r1121729>



Healing Centered Cleveland

While the Institute will be offered virtually worldwide, the Center on Trauma and Adversity is committed to engaging our local community in deeper learning and moving towards a Healing Centered Cleveland.



Our final keynote speaker, Dr. Ginwright, is the founder of Healing Center Engagement (HCE), which is a non-clinical, strengths-based approach that advances a holistic view of healing from trauma and re-centers culture and identity as a central feature in personal well-being. A healing centered approach is holistic involving culture, spirituality, civic action and collective healing. This approach views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively. The term healing-centered engagement expands how we think about responses to trauma beyond trauma-informed care and offers a more holistic approach to fostering well-being.

While interest in trauma-informed care continues to grow, there are many questions around how an organization or system may embody a model that is defined differently by different groups and in most definitions is limited by a lack of integration of the role of collective trauma, race-based and identity-based traumatic stress, and system driven adversity in many of the challenges facing our city. A network of cross-sector people engaging in healing centered practice offers Cleveland the unique opportunity to move the needle on trauma, adversity, and healing in ways that are identity-affirming, holistic, and culturally-bound.

If you are doing work in the field of trauma in the Greater Cleveland Ohio area, please join us for a half-day facilitated discussion.

On Friday, October 8, 2021 12:00 - 4:00 PM, we will host an in-person (pending COVID-19 safety precautions) lunch, viewing of the live broadcast of Dr. Ginwright's keynote presentation, and a facilitate discussion with the aims of (1) grounding the content of the Institute to work that is being done in Cleveland, (2) deepening the connection and strengthen relationships between individuals and organizations that work in the trauma field, and (3) begin to vision what a Healing Centered Cleveland may look like.

Thank you to our
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Center on Trauma and Adversity

About Us

The Center on Trauma and Adversity is one of five research and training centers at Mandel School that helps solve Greater Cleveland's problems and shape public policy, inform social change, and promote community development. Led by Co-Directors Megan Holmes, PhD, and Jennifer King, DSW, the Center on Trauma and Adversity was created to respond to the need for trauma-focused research and the development of trained social workers who can effectively assess, intervene, and treat people and communities affected by trauma and, in turn, help them to experience healing, overcome adversity, reduce suffering, and achieve recovery and resilience.



The mission of the Center on Trauma and Adversity is to reduce the impact of trauma, response to adversity, and promote resilience through trauma-informed integrated research and training that is grounded in the neurobiology of trauma and healing. The Center on Trauma and Adversity aims to serve as a premiere resource for practitioners, community members, organizations, and policymakers. This is achieved through the implementation of community engagement projects and other opportunities for continued learning, connection, and support. The training focus of the Center on Trauma and Adversity bridges the classroom and the community by expanding trauma-informed knowledge through innovative curriculum and advanced training based in the neurobiology of trauma and resilience. By training a skilled, trauma-informed workforce and providing resources for further education, the Center on Trauma and Adversity's overarching goal is to enable members of the Greater Cleveland community to experience higher quality services and continuity of care, healing, reduced suffering, enhanced supportive relationships, and the opportunity to live a longer, healthier life.

<https://case.edu/socialwork/traumacenter>