

# RESPONSES TO TRAUMA



30 October - 3 November 2017 Male Soldiers & Male Spouses

## MODULES INCLUDE

Regulating the Body's Stress Response  
Trauma Release Exercises  
Mindfulness as Medicine  
Trauma Informed Leadership  
Building Trauma Informed Organizations

## ATTENDEES INCLUDE

Active Duty Military, Veterans  
Military Spouses, FRG Leaders  
Chaplains, Behavioral Health Staff  
Other Military Support Personnel

## R2T

is a research supported trauma awareness and response training especially designed for service members and their families

This customized educational and experiential workshop brings together theory and practice to

- Identify types of trauma and responses to trauma ~ physical, psychological, emotional, relational, spiritual ~
- Explore links between unhealed trauma and cycles of personal/interpersonal harm
- Discuss strategies for trauma healing and self-care
- Create ways to integrate trauma-informed practices into participants' daily lives and community outreach

***Want To Be Trauma Informed?***

## CONTACT

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