



## **Trauma and Healing: The Power of Reconnecting to Self and Others**

**When:** September 19, 2011  
1:30 PM to 4:30 PM

**Where:** Tewksbury Hospital Events Room

**Sponsor:** DMH Northeast-Suburban Area

The experience of trauma impacts health and wellness: body, mind, and spirit. Healing from trauma involves both clinical support and peer support. The workshop leaders will present the core principles of a trauma informed care environment, describe their own journeys of healing from trauma, identify steps to create safety in relationships, and will discuss their work on the national and state level with implementing Trauma Informed Care.

Presenters include: **Lauren Spiro M.A.**, National Center for Trauma Informed Care Technical Assistance Center, Communications Manager for SAMHSA- Education for Social Inclusion , *and* Director of the National Coalition for Mental Health Recovery. **Beth Filson CPS, M.F.A.**, trains peer and non-peer providers to understand and address the impact of trauma in their engagement, including self-inflicted violence, self-care, cultural considerations, and re-traumatization. Beth is co-author of a peer engagement guide to address the impact of violence in the lives of women which is ready to be released.

***This workshop is open to State Employees, Provider Staff, Persons with Lived Experience, others who have experienced trauma, and other interested parties.***

**DMH employees, please register through PACE. All others, please E-mail us with the number of people planning on attending, at [NEAStaffDev@dmh.state.ma.us](mailto:NEAStaffDev@dmh.state.ma.us)**

**If you are in need of special accommodations, please notify us as soon as possible.**