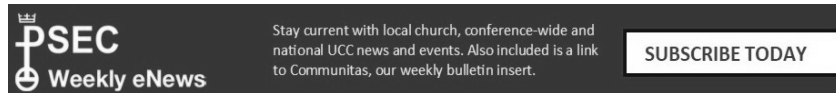




January 23, 2022

## Our YOU Receiving the Weekly News from PSEC ?



If you are not, but want to stay updated on all that is happening around our Conference simply go to psec.org and on the opening page of the website you will see the red banner above. Simply click the "Subscribe Today" button and follow the prompts and you too will be "in the know" on all that is happening in PSEC!



## Quiet Days

1st Tuesday of Every Month

Come away for a time of quiet and solitude, individual reflection, and fellowship and sharing.

Quiet Days are held on the first Tuesday of each month from 9:30 am-1 pm. **Next Quiet Day is February 1st.**

Quiet Days are designed to open new avenues of communing with God, and to provide an opportunity for sharing faith journeys and stories. They allow for Sabbath time and renewal in the midst of our busy world. There is no formal registration, but a minimum donation of \$5 is requested on Quiet Day. **Each participant is asked to bring a Bible, journal, pen and a bag lunch.** Come and see what God has in store for you!

For more information go to psec.org, click on the Calendar and click on the first day of every month for location and more information!

## Trauma Training—Saturday, February 26th

PSEC, in partnership with Lakeside Global Institute, offer two excellent trainings in one day, on how to deal with trauma (see detailed descriptions below). One in the morning and one in the afternoon, both via zoom.

The cost for both is \$30.00.

Registration is limited to 100 individuals.



**Register at: <https://psectrauma.eventbrite.com>**

### TRAUMA 101 9:00—11:00 am

#### An Overview of Trauma—Informed Care

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

**Topics:** Self-Care Plans • TedTalkwithDr.NadineBurke-Harris Whatis Trauma? • PrinciplesofTrauma BrainDevelopment • KindsofTrauma TheoryofEverything • Hope • Post-TraumaticGrowth Reframe • Continuum of Sophistication

### TRAUMA 102 12:00—2:00 pm

#### Basic Skills of Trauma—Informed Care

Building on information provided in Trauma 101, professionals expand their understanding of trauma and are provided specific skills that enhance abilities to interact in emotionally and relationally healthy ways with people impacted by trauma. As professionals become trauma-aware, they have a responsibility to prevent, avoid and respond to trauma. In this hands-on, interactive workshop professionals are provided opportunities to implement and practice the skills presented.

**Topics:** Review of 101 • Personal Self-Care Plans Dr. Bruce Perry's Regulate-Relate-Reason HUG (Hear-Understand-Give Back) RESSQ (Reassure-Explain-Share-Solve-Question) Application of HUG and RESSQ • Intentional Breathing