

# TRAINING & PRACTICE TRANSFORMATION

An integrated approach to trauma-responsive care training and practice



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## WELLNESS RETREATS...

We offer half-day, full-day and multi-day retreats aimed at helping staff reduce stress, gain tools for self-care, increase mental clarity, and boost physical and mental well-being. Retreats are customizable and are listed below as self-contained modules. These modules can also be combined in a number of ways based on your organization's wellness goals.

### EVIDENCED-BASED PRACTICES FOR SELF-CARE

**MODALITY:** Didactic + some practice

**TIME:** 2 hours

This session explores evidence behind frequently recommended practices such as mindful breathing and exercise. Facilitators will discuss practices that are most likely to increase a person's wellness and decrease their stress based on current research. Participants will also have the opportunity to practice several of the suggested skills in a safe and trusting environment.

### COMPASSIONATE YOGA

**MODALITY:** Practice with some discussion

**TIME:** 1 to 2 hours

Compassionate yoga encourages participants to explore their sense of compassion for themselves and others through the use of yoga practices. This healing practice is inclusive of all body types and abilities. Through a combination of breathing, techniques and mindful movement, participants will have the opportunity to experience self-compassion and develop a sense of community with others.



### JOURNALING FOR HEALTH

**MODALITY:** Discussion and practice

**TIME:** 2 hours

There is an increasing body of evidence regarding the benefits of daily writing, or other expressive-based practices on mental health. In this engaging workshop, attendees will be introduced to a number of journaling practices, using both writing and visuals-arts making, along with time to practice and share their writing and creations.

### MINDFULNESS-BASED STRESS REDUCTION

**MODALITY:** Practice with some discussion

**TIME:** 1 hour to half day

MBSR was developed by Jon Kabat-Zinn in 1979, is based on the practice of paying attention, on purpose, non-judgmentally and in the present moment.

Mindfulness is a practice which can help individuals cultivate a new way of interacting with the world around them marked by curiosity, kindness and patience. In addition mindfulness can create the space to identify patterns and habits based on conditioning and the often unconscious stories that form the foundation of our worldview. Through developing a mindful practice, we are better able to notice when habitual thoughts and feelings arise and be better able to respond to present situation from a place of awareness and compassion.

### EAT, SLEEP, AND MOVE: How three practices can change your life and why it's so hard to do them well

**MODALITY:** Didactic presentation, discussion | **TIME:** 2 hours

When asked what is necessary to increase wellness, chances are most people will mention diet, exercise, sleep, or all three. What makes these three practices so important and why are so many of us struggling to balance and fulfill all three? Participants will be invited to explore research around these questions along with the opportunity to reflect on their own current practices with an eye towards making changes that will fit their life.

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*A Way of Being that Supports Engagement and Behavior Change*



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## **It's UP TO YOU: MAKING DECISIONS ABOUT SELF-CARE PRACTICES**

**MODALITY:** One to one conversations |

**TIME:** 30 minutes per person

Most of us understand what practices, strategies, or changes would be helpful in our lives. What stops us from making these changes and what makes these changes important to us? Using the evidenced-based conversational style of Motivational Interviewing, participants will have the opportunity to explore potential changes in their own life and examine any ambivalence in realizing change.

## **COMPASSION FATIGUE TALKING CIRCLE**

**MODALITY:** Facilitated discussion

**TIME:** 2 hours

Talking circles can be used as powerful tools for having difficult conversations or exploring challenging topics. In this session, participants will be safely guided through a caring discussion exploring the impact of their work on their bodies, minds, and spirits.

## **THE REVOLUTIONARY PRACTICE OF GRATITUDE**

**MODALITY:** Discussion and practice

**TIME:** 2 hours

*"I cannot be grateful for everything that happens, but I can be grateful in every moment"*

*– David Steindl-Rast*

There is an increasingly large body of evidence suggesting that an active practice of gratitude increases health and happiness while decreasing stress and compassion fatigue. Despite the research, it can be hard to know how to practice gratitude when we feel overwhelmed and troubled by our lives and the state of our world. This interactive session will guide participants through some of the research and reasons for practicing gratitude, as well as allow opportunities to engage in some of the discussed strategies.

## **"PORTRAIT OF PROFESSIONAL CAREGIVERS" FILM SCREENING AND DISCUSSION**

**MODALITY:** Film viewing, group discussion

**TIME:** 2 hours

The film depicts the dramatic emotional costs experienced by professional providers. Through dramatic stories, CAREGIVERS film probes the emotionally risky aspects of professional caregiving and public service. We ask the question: "How is the professional care provider affected emotionally and physically, and who helps him or her?"

Following a screening of the film, participants will be lead in a group discussion to explore connections between observations in the film and their own experiences of the impacts of their work on their lives.

## **WHAT'S NEXT...**

**If you're interested in planning or scheduling a wellness session or retreat for your staff or organization, please contact Linh Ho at [lho@ccsi.org](mailto:lho@ccsi.org) or call 585-328-5211 ext. 7526**