

AGENDA: Day One

- 8:00 Registration, continental breakfast
- 8:45 Call to worship
- 9:00 What is trauma, abuse, PTSD, and Complex PTSD?
- 10:30 Break
- 11:00 The physiology of fear: the effects of abuse on development of the nervous and immune systems.
- 12:15 Lunch
- 1:30 Understanding the brain wiring of a trauma survivor—what are information processing systems?
- 3:00 Break
- 3:30 It's not an unnurtured inner child -it's an under-developed adult--developing a sense of self
- 4:30 End Day One

AGENDA: Day Two

- 8:00 Registration, continental breakfast
- 8:45 Call to worship
- 9:00 Wellness and trauma recovery the BE SMART way-The Murphy-Moller Wellness Model
- 10:30 Break
- 10:45 Managing trauma triggers and responses related to health-getting on top of anxiety
- 12:00 Lunch
- 1:15 Managing trauma triggers and responses related to interpersonal relationships, the environment, attitudes and behavior
- 2:30 Break
- 2:45 Managing trauma triggers and responses related to spirituality and social support
- 4:00 Discussion and evaluation
- 4:30 End Day Two