

Healing From Social Trauma

Using Satir Transformational Systemic Therapy (TRA-19)

About The Workshop:

A 'social trauma' is the traumatic consequence of events or situations such as natural calamities, wars, accidents, kidnapping, mourning, exposure to risks and danger, etc, which involve a community or one's own definable social group such as family and peer groups.

With recent ongoing events in Hong Kong, there can be a tendency to get stuck in the stories, images and chaos of what is happening. Social trauma, regardless of the causes, inflicts states of psychological, emotional, physiological, spiritual, and sociological injuries on the members of the group that has the potential to get passed down from one generation to the next. As Virginia Satir said, "It's not about what happens, it's about what we DO with what happens". Events have an impact on individuals, relationships, and society and while what has already happened cannot change, the IMPACT of what has happened CAN change.

The severity of the impact of a specific trauma is influenced by an individual's past experiences and traumas. Research of the neurological and endocrine systems makes it very clear that it is possible to heal from the impacts of trauma. It is possible, through a deeply experiential, transformational therapeutic process, to greatly reduce the impact of the trauma and help one grow in a positively directional way towards peace, joy and empowerment.

This workshop will demonstrate ways to begin the healing process soon after trauma occurs as well as with past traumas. This will include:

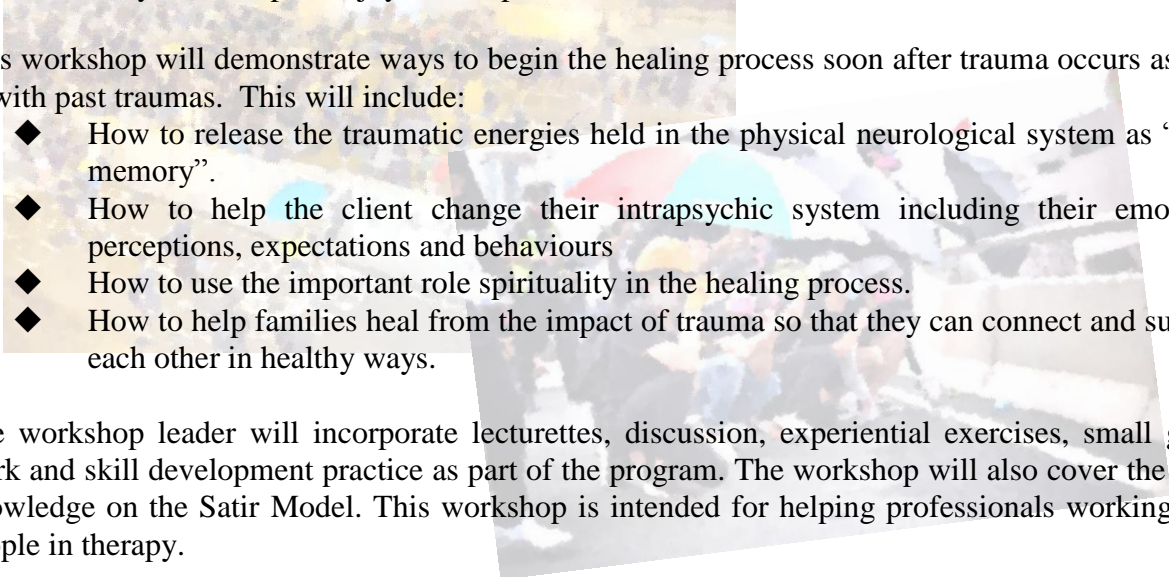
- ◆ How to release the traumatic energies held in the physical neurological system as "body memory".
- ◆ How to help the client change their intrapsychic system including their emotions, perceptions, expectations and behaviours
- ◆ How to use the important role spirituality in the healing process.
- ◆ How to help families heal from the impact of trauma so that they can connect and support each other in healthy ways.

The workshop leader will incorporate lecturettes, discussion, experiential exercises, small group work and skill development practice as part of the program. The workshop will also cover the basic knowledge on the Satir Model. This workshop is intended for helping professionals working with people in therapy.

Workshop Content:

What is Social Trauma?

- a) The difference between individual trauma and social trauma
- b) Individual and collective impacts of social trauma



The Internal Impact of a Traumatic Event

- a) How trauma impacts the intrapsychic system of individuals at the physical, emotional, cognitive and spiritual levels.
- b) The transformational change process: Negative change and positive change
- c) How traumatic memories are held in the mind and body
- d) The Five Essential Elements for Transformational Change
- e) How to make contact with clients and create safety
- f) Exploring the impact of traumatic events
- g) Accessing and experiencing internal resources and spiritual energy
- h) Demonstration and/or Skill development practice

The Transformational Change Process

- a) Setting intrapsychic therapeutic goals for positively directional change
- b) Bringing subconscious emotions, beliefs and decisions into conscious awareness
- c) Releasing the impact of trauma experientially for lasting transformational change
- d) Anchoring intrapsychic transformational change to build neuropath ways in the brain
- e) Demonstration and/or Skill development practice

Trainer: Ms. Jennifer Nagel, MA, RCC

- ✿ Jennifer Nagel, MA, RCC obtained her Bachelor of Arts Honours degree in Psychology from Queen's University in Kingston, Ontario, and her Master of Arts degree in Counselling Psychology from the University of British Columbia in Vancouver.
- ✿ She is a member of the British Columbia Association for Clinical Counsellors, the International Family Therapy Association, the Virginia Satir Global Network (VSGN), the appointed Director of Training for the Satir Institute of the Pacific (SIP) and is a senior trainer and faculty for the Banmen Satir china Management Centre.
- ✿ She has been doing training in the Satir Model with a diversity of groups including therapists, educators, teachers and students, community groups, at-risk adolescents, non-profit organizations and corporate groups;
- ✿ She has been a front-line worker with crisis intervention centres in Kingston, Ontario and Vancouver, BC, as well as experience working on the crisis intervention team of the North Vancouver RCMP (police).
- ✿ She has training in Traumatic Incident Reduction (TIR) and she works with clients to help resolve and heal the impacts from trauma.
- ✿ She also works with individuals, couples, families and youth in private practice.
- ✿ She has presented many workshops and training programs in Canada, China, and Kenya.
- ✿ She is the author of the book "Magic in the Muck: Finding Grace in Chaos".

Workshop Details:

Date: 15-17 Nov 2019 (Fri-Sun)

Time: 7pm-10pm on 15 Nov 2019, 10am-6:30pm on 16-17 Nov 2019
(1-hour break for lunch on 16-17 Nov 2019)

Venue: 11/F, Breakthrough Centre, No. 191 Woosung Street, Kowloon

No. of seat: 27

Target: Helping Professionals and teachers (Prior Satir background is not required. Basic Satir concept will be taught.)

Language: English (Cantonese interpretation to be provided upon request.)

Format: Lecture, Discussion, Experiential exercises, Small group work and Skill development practice

Certificate: Certificate of Attendance for those who have at least 80% attendance

Video-taping: The workshop process will be video-taped for purpose of record, evaluation, training, publication and future study by members of the teaching team and the participants.

Fee: member price: \$3,200 non-member price: \$4,000

(Application for membership is welcome. Membership form can be downloaded from www.hksatir.org.)

Registration: Please return the completed registration slip and pay by cheque, bank transfer or cash on or before 16 Oct 2019. (Please refer to “Payment Methods” below.) Confirmation will be sent to you in due course.

Deadline of Registration: 16 Oct 2019

Payment Methods

1. Cheque: Mail crossed cheque payable to:

“Hong Kong Satir Center for Human Development Limited”.

➤ Please write down your name, contact number and course code on the back of the cheque.

2. Bank transfer (Hang Seng Bank: 390-373249-883):

➤ Email the receipt to: office@hksatir.org and write down your name, contact number and course code on the receipt.

3. Cash: Pay in person.

Withdrawal Policy and Refund Arrangements:

Notice (by phone or email) is required for withdrawal. The refund arrangements are as follows:

Period of Notice	Refund arrangements
30 days or more ahead of the program	Full refund
15 to 29 days ahead of the program	10% of the paid course fee deducted in the refund
14 days or less than 14 days ahead of the program	No refund

- No refund of membership fee for any withdrawal.
- The Center reserves the right to cancel the course in unforeseeable conditions. Program fee would be fully refunded in such case. No refund for the membership fee.
- The Center reserves the right to replace the trainer in unforeseeable conditions. The program will continue and no refund will be arranged.

Hong Kong Satir Center
Healing From Social Trauma Using Satir Transformational Systemic Therapy (TRA-19):
Application Form

Name (Eng) _____ (Chi) _____ Sex: F/M*(cross as inappropriate)
 Age _____ Occupation _____ Contact No _____ E-mail _____
 Correspondence Address _____
 Member Code _____ HKID (First 5 alphabets / digits): _____
 Name Appearing on Certificate _____
 Contact Person in case of emergency (Name) _____ (Tel) _____
 I have the chronic illness: _____ and have/have not*
 attended regular treatment (*cross as inappropriate).

Satir Workshop Experience

Name of Workshop	Trainer	Date (No. of Days)	Organizer

Payment Details (please ✓ as appropriate):

Member	Non-member
<input type="checkbox"/> \$3,200	<input type="checkbox"/> \$4,000

Cheque No: _____ / _____

1. Please return this registration slip and pay by cheque, transfer through ATM or cash. (Please refer to the payment methods outlined on the brochure for the details.)
2. Withdrawal Policy and Refund Arrangements: Please refer to the Withdrawal Policy and Refund Arrangements outlined on the brochure for the details.
3. Remarks:
 - The program process would be video-taped for purpose of record, evaluation, training, publication and future study by members of the training team and participants.
 - Personal data is collected for registration purpose.
 - Participants have the right of access and correction with written request in accordance with the provisions of the Personal Data (Privacy) Ordinance.
 - Fee reduction is available for those in need. Please check with staff in case of need.
 - The workshop is of educational but not therapeutic nature. In the process of self-exploration, participants may be triggered emotionally or psychologically. In case of need, participants should take the initiative to seek for the counseling service by the Center or help from other professional bodies.
 - Participants should consult concerned counselor/medical staff/professionals for assessment if one is physically and mentally fit to attend this program.
 - In case of severe weather conditions, we will try to reschedule the cancelled session. No refund would be arranged if the participants are not able to attend the rescheduled session.
 - I have read and agree to all the above mentioned registration and refund arrangement.

Signature of Applicant _____ Date _____

Office Use

Cheque # _____ / _____ Cash ATM (with deposit receipt) Amount HK\$ _____

Receipt# _____ Date _____ Staff _____ Remarks _____