

Finding Peace Within

A workshop with Phyllis Lorenz, MFT

Target Audience:

This training is geared towards clinical staff, family advocates and community health workers working with foster children and youth in Alameda County.

*This training is available to you **free of charge**.*

REGISTRATION IS REQUIRED TO ATTEND

Training Description: When children and adults have experienced trauma in the past, their bodies may continue to feel stressed and try to protect them from harm long after the danger is over. Feelings of anger, despair, turmoil or numbness even when they don't remember or are not thinking about what happened can result. This training will explain and offer an experiential window into the Ten Week Group, Finding Peace Within, which is a skills-based group teaching numerous tools and skills to help regulate one's activated nervous system. This training offers information on the impact of trauma, with a focus on attachment trauma, along with strategies for caregivers and helpers of child trauma survivors to assess for the effects of trauma and respond to the needs associated with it. This training will provide conceptual maps and experiential tools to learn about how bodies react when triggered, to learn to interrupt procedural learning and support somatic resourcing. We will also explore the neurobiology of a dysregulated nervous system, the evolutionary remnant of survival strategies which are no longer necessary or effective.

The Trainer: Phyllis Lorenz, MFT has extensive experience and training in working with trauma related issues including childhood physical and sexual abuse, domestic violence, verbal abuse, and attachment disorders. These types of issues often result in difficulty regulating emotional arousal, causing persons to either over-react or shut down emotionally. Either of these responses create challenges for being in healthy and nurturing relationships and can negatively impact parenting. She works with individuals and couples to develop skills that can help them be more present emotionally and thus more effective in relationships with partners, children and others. She is certified in Sensorimotor Psychotherapy and is trained in EMDR (Eye Movement Desensitization and Reprocessing) levels I and II.

Training Objectives:

- To learn the value of Mindfulness and Self-Compassion in the support of Caregiving
- To learn how to apply skills to benefit clients who have experienced trauma
- To help caregivers understand the impact of trauma so they can support their children

Coffee, tea, breakfast snacks provided.

Parking: *NOT provided.* We are sorry, but there is NO parking in the Family Paths lot. The lot is reserved for staff and clients only. Parking options include: There is 2 hour meter parking around the building. There are also multiple \$7 lots in the area. These usually require cash. In addition we are located walking distance from 19th street BART station. And if you are open to a little walk, there is free parking across the freeway on and around 18th street. Please allocate enough time to find parking in the area. Here's the parking map for the area: <http://en.parkopedia.com/parking/oakland/>

Cancellation Policy: **We do not charge for our trainings at present and space is limited. If you cannot attend we ask that you contact us as soon as possible in order to open up that seat to someone else.** If

If you have a complaint about the performance of Family Paths staff or instructors, and/or you feel you or someone else has been treated unfairly or discriminated against you may call 510-893-9230 to speak with the Program Administrator.

See Training Grievance Policy for details.

training is cancelled, participants are notified via email no later than one week prior to the training if possible. If a trainer has an emergency and notifies the training department in less than week, those registered for the training are notified as soon as possible. Training registrants are provided the makeup date that is scheduled for the training.

Disability Accommodation: Family Paths will make reasonable efforts during the training to accommodate qualified individuals with disabilities and/or medical conditions in accordance/compliance with the State Fair Employment and Housing Act (FEHA), Federal Americans with Disabilities Act (ADA) and applicable statutes. To request an accommodation due to a disability/medical condition during this training, please contact the Training department no later than 5 days before the training. The building where this training takes place is wheelchair accessible. Disabled parking is available but must be arranged with the training department ahead of time, as parking is limited.

Training Grievance Policy: Family Paths is committed to providing a work/learning environment in which all individuals are treated with respect and dignity. A participant of trainings has the right to seek a remedy for a dispute or disagreement through Family Path's policies for filing complaints/grievances for participants. Training participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training experience to the Clinical Training Coordinator who will provide the complaint form. All participant complaints/grievances should be in writing (which may be in your own language) to the Clinical Training Coordinator, Family Paths, 1727 Martin Luther King Jr. Way, Suite #109 Oakland, CA 94612 or by email to Trainings@familypaths.org. Once a complaint or grievance has been submitted, you can expect a response no later than ten (10) business days. Upon receipt the Clinical Training Coordinator will conduct a formal review of the complaint/grievance and will attempt a timely resolution, taking appropriate corrective action if warranted by the investigation. If no resolution is forthcoming, or the problem is not satisfactorily resolved, the participant may direct any complaint/grievance to the Program Administrator, Family Paths' Clinical Director.

Questions?

Email us at Trainings@familypaths.org

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Phyllis Lorenz, MFT

Registration is required.

Provided by Family Paths in conjunction with Chabot-Las Positas Community College District and Alameda County through Title IV-E Funding.

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Workshop Description

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Workshop Goals

Participants will be able to:

- 1) To learn the value of Mindfulness and Self-Compassion in the support of Caregiving
- 2) To learn how to apply skills to benefit clients who have experienced trauma
- 3) To help caregivers understand the impact of trauma so they can support their children

When

Tuesday February 5, 2019
9:00 am to 11:00 am

Where

Family Paths
1727 Martin Luther King Jr. Way
Oakland CA 94612

Register at:

<https://www.eventbrite.com/e/finding-peace-within-registration-54870077880>

Please include any requests for accommodations for disability.

Coffee, Tea & Breakfast Snacks Provided.

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The Trainer

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