

REGENERATION ON THE FRONT LINES!

A training for activists and those working in social service to help identify, heal from, and prevent trauma that can come up in human rights/social justice work.

Sliding Scale Available!



ON-SITE TRAININGS ARE AVAILABLE.

CALL TO SCHEDULE A
REGENERATION ON THE FRONT
LINES TRAINING FOR YOUR
ORGANIZATION OR GROUP.

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This training will:

Look at how burn out, fatigue, secondary trauma, and PTSD impacts our work.

Identify signs and signals, then focus on ways to do our work that decreases trauma and harm as well as increases our competence in assessing and addressing it.

Participants will learn practical skills that can be used immediately and tools for longer-term movement building and strategic planning.

At the end of the workshop participants will be able to:

- *Develop and increase resiliency
- *Identify leadership models that weave trauma care/prevention into our work
- *Address the complexities of how of we place the self/body in our work and how trauma care/prevention supports radical social change and movement building

Some of the groups who have benefited from Regeneration On The Front Lines:

**Safe Havens
Home Alive
Therapists in Private Practice
Social Workers**

Cristien has over two decades of experience in community work on anti-violence, social change, and human rights issues. She is a founding member and former Executive Director of Home Alive. Cristien has extensive experience developing community based anti-violence programs and curricula which address the broad scope of how violence, trauma, abuse, and secondary trauma inform the structures of our relationships, our organizations, and our progressive movements. Cristien was also a Researcher and Cultural Organizer for the Northwest Coalition For Human Dignity, supporting community response to hate crimes, bigotry and assaults by organized white nationalist groups in rural and suburban communities. Currently, Cristien is a counselor with a private practice in Seattle. She also runs IfYouDon'tTheyWill, a Seattle partnership providing support for communities responding to hate.