

# Being Trauma and Healing Informed

August 11 - 13, 2020

Suquamish, WA



Training provided by the Native Wellness Institute  
[www.NativeWellness.com](http://www.NativeWellness.com)

*The Native Wellness Institute exists to promote the well-being of  
Native people through programs and trainings that embrace  
the teachings and traditions of our ancestors.*

# Meet the Trainer



**Jillene Joseph  
(Gros Ventre)**

Jillene is an enrolled member of the Gros Ventre or Aaniiih people from Fort Belknap, Montana. She lives in Oregon with her life partner and children. She is the Executive Director of the Native Wellness Institute and helped to found the national non-profit organization in 2000. She has a Bachelors of Science degree in Community Health Education and has served Indian Country for 30 years providing training and technical assistance in a variety of areas. Jillene has traveled to hundreds of Native communities and interacted with and learned from thousands of people. Whether she is providing youth leadership training, assisting women heal from childhood trauma or helping to bring wellness to the workplace, Jillene shares her passion for being positive, productive and proactive. She enjoys beading, reading, pow wowing

and spending time with family and friends.

# Being Trauma and Healing Informed

August 11, 2020

<b>8:00 am</b>	<b>Registration</b>
<b>9:00 am</b>	<b>Opening</b>
<b>9:30 am</b>	<b>Building Team</b>
<b>10:30 am</b>	<b>Break</b>
<b>10:45 am</b>	<b>Review: Historical and Inter-generational Trauma</b>
<b>Noon</b>	<b>Lunch (on your own)</b>
<b>1:30 pm</b>	<b>Trauma and Healing</b>
<b>3:00 pm</b>	<b>Break</b>
<b>3:15 pm</b>	<b>Trauma and the Brain</b>
<b>4:30 pm</b>	<b>Closing</b>
<b>5:00 pm</b>	<b>Adjourn</b>

# Being Trauma and Healing Informed

August 12, 2020

<b>9:00 am</b>	<b>Opening</b>
<b>9:30 am</b>	<b>Trauma and Behavior</b>
<b>10:30 am</b>	<b>Break</b>
<b>10:45 am</b>	<b>Trauma and the Brain and Behavior</b>
<b>Noon</b>	<b>Lunch (on your own)</b>
<b>1:30 pm</b>	<b>Being Trauma Informed</b>
<b>3:00 pm</b>	<b>Break</b>
<b>3:15 pm</b>	<b>Trauma Impact: Individual, Work, Community</b>
<b>4:30 pm</b>	<b>Closing</b>
<b>5:00 pm</b>	<b>Adjourn</b>

# Being Trauma and Healing Informed

August 13, 2020

<b>9:00 am</b>	<b>Opening</b>
<b>9:30 am</b>	<b>Moving Past Trauma</b>
<b>10:30 am</b>	<b>Break</b>
<b>10:45 am</b>	<b>Trauma Informed Programming</b>
<b>Noon</b>	<b>Lunch (on your own)</b>
<b>1:30 pm</b>	<b>Trauma Informed Policies</b>
<b>3:00 pm</b>	<b>Break</b>
<b>3:15 pm</b>	<b>Historical Wisdom</b>
<b>4:30 pm</b>	<b>Closing</b>
<b>5:00 pm</b>	<b>Adjourn</b>