

Being Trauma and Healing Informed

March 11 - 13, 2025

Alohilani Resort

Honolulu, HI



NATIVE WELLNESS
Institute

Training provided by the Native Wellness Institute
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.*

Being Trauma and Healing Informed

Tuesday, March 11, 2025

8:00 am	Sign-in
8:30 am	Opening Ceremony Welcome, Blessing, Introductions, Overview
9:30 am	Building Team and Trust
10:30 am	Break
10:45 am	Historical and Intergenerational Trauma: Overview
Noon	Lunch (on your own)
1:30 pm	Where There Has Been Trauma, Healing Is The Answer
2:30 pm	Break
2:45 pm	Trauma and the Brain
3:45 pm	Support Circles
4:30 pm	Closing
5:00 pm	Adjourn

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Wednesday, March 12, 2025

8:30 am	Opening Ceremony Welcome, Blessing, Review/Check-in, Ice-breaker
9:00 am	Trauma and Behavior: The Trauma Web
10:30 am	Break
10:45 am	Integrating Healing Into The Workplace
11:15 am	Trauma Impact: Individual, Work, Community
Noon	Lunch (on your own)
1:30 pm	ACE's: Adverse Childhood Effects Resilience Questionnaire
2:30 pm	Break
2:45 pm	Guest Speaker
4:30 pm	Closing
5:00 pm	Adjourn

Being Trauma and Healing Informed

Thursday, March 13, 2025

8:30 am	Opening Ceremony Welcome, Blessing, Check-in, Review
9:00 am	Being Trauma and Healing Informed Trauma and Healing Informed Programming/Policies
10:30 am	Break
10:45 am	Stress and Trauma Self Regulation
Noon	Lunch (on your own)
1:30 pm	Cultural Healing Practices, Healing Village
2:30 pm	Break
2:45 pm	Healing Village
4:30 pm	Closing
5:00 pm	Adjourn