

# Being Trauma and Healing Informed

March 19 - 21, 2024

Alohilani Resort

Honolulu, HI



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.*

# Being Trauma and Healing Informed

Tuesday, March 19, 2024

8:00 am	Sign-in
8:30 am	Opening Ceremony Welcome, Blessing, Introductions, Overview
9:30 am	Building Team and Trust
10:30 am	Historical and Intergenerational Trauma: Overview
11:30 am	Lunch (on your own)
1:00 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

# Being Trauma and Healing Informed

Wednesday, March 20, 2024

8:30 am	Opening Ceremony Welcome, Blessing, Review/Check-in, Ice-breaker
9:00 am	Trauma and Behavior: The Trauma Web
10:00 am	Break
10:15 am	Integrating Healing Into The Workplace
11:00 am	Trauma Impact: Individual, Work, Community
Noon	Lunch (on your own)
1:30 pm	ACE's: Adverse Childhood Effects Resilience Questionnaire
3:00 pm	Break
3:15 pm	University of North Dakota: Indigenous Trauma and Resilience Research
4:30 pm	Closing
5:00 pm	Adjourn

# Being Trauma and Healing Informed

Thursday, March 21, 2024

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
3:00 pm	Break
3:15 pm	Healing Village
4:30 pm	Closing
5:00 pm	Adjourn