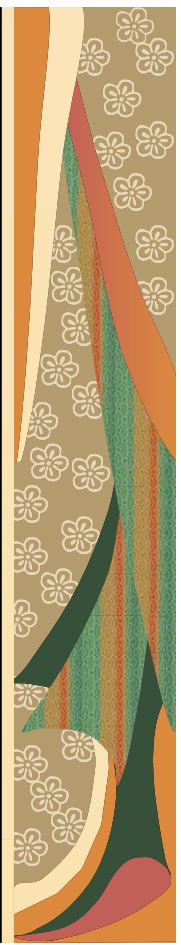
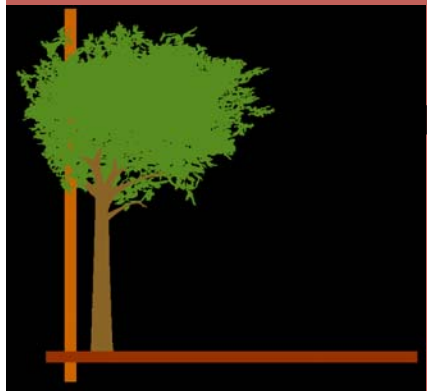


If it Works in Miami...a Model Program for Serving Traumatized Human Beings

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Mission Statement

- The mission of the TRC is to provide relief and resolution from traumatic and accumulated stress. The main services of the agency include client-centered, individual trauma-specific treatment and psycho-educational groups. Our holistic services include Eastern practices such as breathwork, yoga and meditation, as well as acupuncture, massage and advocacy. We also provide court evaluations and expert testimony for refugees and victims of violence. Community Resiliency programming includes training trainers in the community on simple, but powerful stress relief techniques. School-based programming includes the Yoga Ed curriculum, individual treatment, tutoring, art and service projects. We provide training in our agency model to other agencies, healers and mental health professionals. In supportive housing and residential settings for youth, we provide trauma-informed psychosocial rehabilitation.

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Agency Purpose

- The purpose of the program is to deliver an in-depth service to traumatized human beings so that they are empowered, will not deteriorate due to the impact of trauma, and can function without the need of ongoing community intervention



Agency History

- Result of a task force
- Asked to provide services because of traumatology experience
- Housed in the SAO for four years



Trauma Definition

- Trauma occurs when an actual or perceived threat of danger *or loss* overwhelms a person's usual coping ability. (From Beverly James, 1994)



Trauma-Focused Trauma-Informed

The TRC is the first trauma-informed
and trauma-focused Community
Mental Health Center in the US



Our Discipline

Our discipline is informed by the discipline taught by TIR, social work and Eastern practice:

We create a safe space in order for our clients to process painful material. Important aspects of a safe space are:

Client-Centered
Client Empowerment
Spiritual



On Creating Safety

- Recognizing what is lovable
- No evaluation
- No interpretation
- No judgment
- Untimed sessions
- Client chooses what is addressed (most of the time)
- Remaining Present



No Double Standards

- All staff engage in personal trauma work
- Those with a self-care routine take precedence in hiring
- Regular self-care is mandatory
 - Weekly breathing & meditation
 - Access to healers



Agency Culture

- **Be Nice or Leave**
 - This sign in reception is for everyone. Our agency is an oasis for people to heal. This can only occur in a safe setting.



My Role

- The good news and the bad news: I take care of my staff



Services

- Individual treatment
- Psychoeducational Groups
- Advocacy
- Body work
- Eastern practices
- Community Resiliency Programming
- Training
- Evaluation and Expert Testimony



Client-Centered Exposure Treatment

- help a person form a declarative memory of a traumatic event
 - bleed-off the sensory/emotive aspects
 - enable a person to remember the event with no physiological trigger
- WOUND VS SCAR



Exposure Treatment Caveats

- Not all clients are able to engage in exposure treatment immediately
 - Other treatment protocols are engaged in to build ego-strength
 - Holistic practices are offered to lower arousal and build consciousness



Holistic

- The body can take much longer to recover
 - Acupuncture, chiropractic, massage
 - Energy work
 - Breathwork, yoga, meditation
 - Easiest way to change physiology is to change the breath
 - Clients receive breath and meditation CD
 - Medical Clinic



Psychoeducational Groups

UNDERSTANDING OUR BEHAVIOR:

Learn the reasons for anxieties, depression, memory loss and what to do about it.

BREAKING THE CYCLE AND BUILDING A NEW LIFE:

We'll set goals and go over what to expect
In your journey at VSC

HOW CAN I LOVE SOMEONE WHO ABUSES ME?

Learn about trauma bonds, what causes them and what can be done.

ABOUT DOMESTIC VIOLENCE:

What is domestic violence, how it colors our lives and affects our children

SEX ED UPDATE

Crucial information that many of us take for granted



Advocacy

- Personal
 - Connections to other needed services
- System
 - Navigating the system
 - Accompanying clients to appointments



Who We Serve

- Victims of every type of crime, including torture, human trafficking and family members of homicide victims
- People recovering from addiction
- At-risk youth
- Disaster victims
- Pretty much anyone that finds us



