



Promoting Healthy Interactions

3-day Trauma Processing Workshop:
Overcoming Trauma to Continue Moving Forward with a Productive Approach
(ESPERE and Popular Education Methodology)

February 6th – 8th, 2019, 9:00 – 5:00

This workshop will be in Spanish

At some point in our lives, we all get hurt by other people. We also hurt others. When this happens, we may want to explore the best way to respond to the pain that is inflicted on us and vice versa. Many factors get in the way of using productive defense mechanisms upon being hurt. This workshop provides a space to explore constructive interventions to relationship conflicts and to promote healthy interactions. This workshop is based on the ESPERE methodology, which is based on Paulo Freire's Popular Education approach.

Learning Objective - Upon completion of the workshop, participants will be able to:

- Reflect on the cycles of trauma and violence at a personal, interpersonal and societal level
- Adapt the concepts of forgiveness to individual situations
- Articulate the historical and cultural roots of the practice of compassion
- Recognize the destructive role that unprocessed anger plays in daily interactions with loved ones
- Recognize when anger can be beneficial
- Set healthy boundaries to toxic relationships
- Explore the concepts and daily use of restorative practices
- Acquire group facilitation tools

Who can benefit from this workshop?

This workshop can benefit anyone with an interest in being part of an inclusive dialogue regarding trauma, conflict and violence in society. This includes people working with family abuse and social justice issues, counselors, community health promoters, social workers, educators and related fields. This workshop also benefits people interested in increasing their knowledge of Popular Education approach to facilitate support groups and workshops.

Dates: February 6th – 8th, 9:30am - 5:30pm

Location: 8210 SE 13th Ave, Portland, OR 97202 (at the SMILE Station in Sellwood)

Total cost: \$ 250.00 (includes breakfast, coffee, tea, snack and lunch)

Training Facilitator: Leocadia Montero-Hainley, MA and Trauma Process Workshop Facilitator

You can register in one of the following ways:

- By sending an e-mail to Leocadia at: lhmm@leocadiaconsulting.com.
- By calling 503-537-8562 or
- Via this link <https://www.leocadiaconsulting.com/book-online>.