

Why Does This Still Bother Me? The Impact of Trauma

Session Description: *Many of us have had experiences in our lives that have had such an impact on us we always remember them. What happens if, when we remember them, it's not always good? Can that change?*

Objectives: Participants will learn about the concepts of traumatic memory and triggers. Participants will have an understanding of why these are different than “typical” memories and emotions and will engage in a discussion of ways these can occur in youth advocacy roles. After a brief overview of Sanctuary™ concepts and principles, participants will create a highly individualized “Take 5” safety plan with a multi-media focus to utilize when triggers occur.

Resources and References:

Bloom, S. (2010). Safety Plans. *Community Works*. Retrieved from

<http://sanctuaryweb.com/Portals/0/2010%20PDFs%20NEW/2010%20Bloom%20Safety%20Plans.pdf>

Inside Out video clip: <https://www.youtube.com/watch?v=pecha-7QOV0>

More Info on Sandra Bloom’s Sanctuary Model <http://www.sanctuaryweb.com/>