



Building A Resilient Lane County Announces Fall 2016 Workshop Schedule

A growing number of communities have realized that the common thread that ties together many personal, family, economic, social, and environmental problems is *trauma*.

For example, almost 2/3 of children experience at least one type of trauma ranging from physical abuse, to emotional neglect, to having a caregiver addicted to drugs or alcohol, and others, and many experience multiple traumas. These adversities constrain a child's brain development and diminish their ability to learn, and the effects often surface in adulthood as significant physical and mental health problems.

In addition, many people are facing major job and financial struggles, constant pressure to work longer and harder for less, racism, sexism, and other forms of systemic oppression, homelessness, and other forms of trauma.

Record hot temperatures and more frequent and intense storms, floods, droughts, and wildfires produce additional traumas while aggravating existing stressors.

When we humans experience acute traumas or persistent overwhelming stresses, neurochemicals are released into the body to prepare us to fight back, flee, or freeze. Unresolved trauma can lead to serious personal psychological problems such as depression, anxiety, PTSD, and suicidality, physical health problems such as cancer and heart disease, and psychosocial maladies such as drug and alcohol abuse, interpersonal aggression, crime, and violence. These harmful reactions diminish the safety, security, and wellbeing of everyone in our communities.

Research shows that good resilience skills can prevent these types of adverse reactions, and quickly reverse them when they do occur. *Building a Resilient Lane County* has been formed to build a culture of human resilience countywide. Working with and building upon the efforts of many public, private, and non-profit organizations in the County, its purpose is to:

- 1) Help adults and youth understand how trauma and overwhelming stress affect their thinking and behavior, and provide them with the opportunity to learn simple skills to calm their body, mind, and emotions and make wise and skillful decisions in the midst of adversity that *increases* their wellbeing above previous levels.
- 2) Develop an increasingly larger cadre of people throughout the county who can educate others about the psychobiology of trauma and teach simple resilience skills to individuals and groups.

- 3) Help leaders of private, non-profit, and public organizations understand the psychobiology of trauma and toxic stress, learn how to assess the degree to which their entity might be 'trauma-organized', and transition to resilience-enhancing organizations.

A central focus of *Building a Resilient Lane County* is a series of monthly workshops that will teach participants a range of simple resilience skills. **All workshops are free.**

With thanks to the City of Eugene, the workshops will be held in the **Bascom/Tykeson rooms at the Eugene Downtown Public Library.**

Preregistration is required to attend each workshop.

For more information please contact: TR@trig-cli.org.

BRLC Fall 2016 Workshop Schedule

All workshops are held in the Bascom/Tykeson Rooms at the Downtown Eugene Public Library.

BRLC workshops held in the spring and early summer of 2016 focused on what we call "Presencing" resilience building skills. They help people stabilize their nervous system and calm their body and mind in the midst of adversity.

The Fall 2016 BRLC will have two focuses. The first is what can be called "Purposing" skills. They enable people to not only to bounce back from adversity, but to actually *increase* their wellbeing above pre-trauma conditions. In addition, the Fall workshops will focus on how organizations and entire communities can shift from being what can be called "trauma-organized" to "trauma-informed" human resilience enhancing entities. (Note that the date and focus of workshop previously scheduled for September 29 has been changed to October 11).

Tuesday September 13 from 1:30 to 3:30 pm: *Using Adversity as an Opportunity to Learn and Grow as a Person*

This workshop will teach you simple ways to use adversity as a catalyst to learn and grow as a person. By learning how to turn toward adversity, rather than denying, ignoring, or blaming others during hard times, this workshop will teach you how to use adversity as an opportunity to gain new insights and find powerful new sources of meaning and purpose in life. The workshop will also help you learn how to teach these skills to their families, friends, colleagues, or clients. [Sign up here for this workshop.](#)

Tuesday October 11 from 1:30 to 3:30 pm: *Resilience Skills to Harvest Hope For New Possibilities In the Midst of Adversity*

The adverse affects of trauma and chronic toxic stress can linger for a long time, leaving many people feeling deeply discouraged or helpless. To live a principled and fulfilling life in the midst of ongoing adversity requires hope that the future will be better and that you can play a role in bringing that change around. This workshop will teach you how to engage in the three core activities research has found to be central to harvesting hope in the midst of trauma and stress. The workshop will also help you learn how to teach these skills to their families, friends, colleagues, or clients. [Sign up here for this workshop.](#)

Tuesday November 15 from 1:30 to 3:30 pm: Transitioning Your Organization to a Trauma-Informed Human Resilience-Enhancing Entity

This workshop will help people from private firms, non-profit, and government organizations learn how groups often respond to trauma and toxic stress by adopting norms, practices, and policies that are intended to protect them from the adversity, but instead further traumatize everyone—i.e. they become “trauma-organized.” Research shows that trauma-organized organizations have lower productivity, higher employee turnover, and are less competitive in the marketplace. The workshop will also teach participants the principles and practices used by “trauma-informed” human resilience-enhancing organizations, and help them learn how to transition to this type of powerful organization. [Sign up here for this workshop.](#)

Tuesday December 6 from 1:30 p.m. to 3:30 pm: Transitioning Your Community to a Trauma-Informed Human Resilience-Enhancing Entity

Communities can become “trauma-organized” when they experience traumas such as gun violence, racial injustice, or natural disasters, as well as toxic stresses such as persistent unemployment or heat waves. This means they adopt cultural norms, practices, and policies that people believe will protect them from the adversities, but instead make things worse by further traumatizing everyone. This workshop will help elected officials, civic leaders, and residents learn how to identify signs that their community is trauma-organized. It will also help them learn principles and practices to transition to trauma-informed resilience enhancing communities. [Sign up for this workshop here.](#)