

movemindfully Programs

I Am Safe Training

✦ Trauma-Responsive Practices to Support Mental Health

Based on the guidebook *I Am Safe: Trauma-Responsive Practices in Crisis Mental Health*, explore how to share practical and accessible trauma-responsive mind-body strategies in educational, therapeutic, and crisis mental health settings.

Learn the science behind why mind-body practices are critical for healing trauma. Receive step-by-step guidance for promoting the safety needed to encourage even the most reluctant participants (patients, residents, clients, students, and family members) to explore these strategies in classrooms, small groups, and/or one-to-one sessions.

Outcomes

- Create safe, effective learning and therapeutic environments.
- Experience how Inner Resources and **Breathe Move Rest** practices support physical, mental, and emotional health and well-being.
- Become a public mental health activist by implementing **movemindfully** trauma-responsive mind-body strategies in your personal and professional life!



DATE: December 4, 2024

LOCATION:

Washburn Center for Children
1100 Glenwood Ave
Minneapolis, MN 55405
or Zoom

TIME: 8:30am–3:30pm

COST: \$225

(includes *I Am Safe* book)



movemindfully®

movemindfully® is a training and consulting company that brings the science of mindfulness, movement, and social/emotional learning into simple trauma-responsive tools and strategies that can be used throughout the day. We collaborate with educational and therapeutic organizations to implement evidence-based mind body practices that create cultures of physical, mental, and emotional well-being.