

# movemindfully Programs

# Full Day Public Training

## *I Am Safe* Training: Trauma-Responsive Practices to Support Mental Health

Grounded in the guidebook *I Am Safe: Trauma-Responsive Practices in Crisis Mental Health*, this training provides practical and accessible mind-body strategies to support children, youth, and adults navigating stress, distress, and trauma.

Designed for school mental health providers, therapists, crisis responders, secondary educators, and parents, this training explores the science behind why mind-body practices are essential for trauma healing and nervous system regulation. You'll receive step-by-step guidance on how to create the safety needed to engage even the most reluctant participants in classrooms, small groups, or one-on-one sessions.

### Participants will:

- Learn the science behind mind-body strategies in trauma recovery and nervous system regulation.
- Explore how to share mind-body practices with students who are highly dysregulated, disengaged, or shut down.
- Gain tools to use in one-on-one support, small therapeutic health/crisis stabilization settings.
- Understand how to create emotionally safe environments that support healing, reconnection, and resilience in youth and adults.
- Explore how to adapt these practices to existing groups, programming, and initiatives already in place.

Walk away with a trauma-informed framework for using *I Am Safe* in educational and therapeutic environments, along with concrete tools for implementing mind-body practices across your system of care.

**DATE:** January 16, 2026

**LOCATION:**

PICA Head Start Training Center  
4255 3rd Ave S, Minneapolis,  
MN 55409

**TIME:** 8:30am–3:30pm  
(In-person or Zoom)

**COST:** \$210 Early-bird price thru  
December 31 (\$240 regular  
price) (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.