



Trauma-Informed Best Practices for Mediators and Facilitators

INTRODUCTORY COURSE

Virtual Platform

We will utilize Zoom for this course. Participants will experience firsthand how to work with this platform when dysregulation occurs. Additionally, participants will learn how to continue the work when they return to “in-person” settings.
Note: Parts of this course will be recorded and available for participant use only.

Experience

- Each class will consist of:
- Presentations about the topic
 - Experiential exercises
 - Break-out sessions
 - Discussion
 - Questions
 - Sharing

Teachable moments will be utilized, and the instructor will exhibit methods specific to Trauma-Informed Best Practices while teaching, being transparent about what skill or approach is being demonstrated. Each class will offer opportunities for participants to experiment with the material to find methods that fit their style and the kind of mediation practice they currently have or want to develop. Additionally, classes will offer a window into the possibilities for using Trauma-Informed Best Practices in other arenas.

Schedule

September 15, 16, and 17
9:00 am – 1:30 pm (Mountain Daylight Time)
Includes a 30-minute lunch break
Due to the dense nature of this coursework, “rest” and bio-breaks will be available to integrate this content in a sustainable way.

Course Fee: \$350 (Includes all materials)
Class Size: 15-20 Participants

How to Register

1. Complete the registration form at <https://forms.gle/PeBqYoGndwoEK2iEA>
OR scan this QR code with your smartphone camera.

2. Submit your payment via Venmo (@Barbara-Barnes-25) or check made to “Brave Conversations LLC” and mailed to 7 West 6th Avenue, Suite 514, Helena, MT 59601.



Pre-Training Questionnaire

Participants will be sent a questionnaire to complete before the course. This form includes questions to help Barb tailor the course design. It also consists of an inquiry about the participant’s own history (if any) with trauma. The responses to the questionnaires will be confidential.

Course Objectives

Upon completion of this course, Facilitators and Mediators should be able to:

1. Have an authentic sense of confidence and curiosity when working with trauma as it arises during sessions.
2. Explain the benefits of a Trauma-Informed Best Practices approach.
3. Explain the challenges of a Trauma-Informed Best Practices approach.
4. Understand the importance of discovering how their experiences of trauma may impact their work while using a Trauma-Informed Best Practices approach.
5. Understand the benefits of “front-loading” sessions.
6. Understand secondary dis-regulation.
7. Understand the benefits of staying informed about the latest neuroscience of conflict and trauma, as well as some of the myths that have been attributed to neuroscience.
8. Understand the difference between Trauma and trauma.
9. Demonstrate a basic ability to work with a client who is experiencing a trauma response.
10. Demonstrate a basic ability to work with a client who is dysregulated, whether from past trauma or not.
11. Demonstrate the ability to interview a potential client, checking for possible trauma history, without “dis-abling” the client.
12. Demonstrate ways to remain omni-partial during sessions when only one or a minority number of participants are Trauma survivors.
13. Describe their understanding of the modified G.R.A.C.E. Model for working with clients with recent major trauma or who are triggered from historical trauma.
14. Provide a description of their personal Plan A, Plan B, and Plan C for working with trauma responses that may trigger them personally.
15. Describe how they will integrate the skills into their sessions.
16. Commit to working on challenges that arise in their own practice as it relates to working with trauma.
17. Consider committing to forming an ongoing cohort as an informal community of practice.

Course Assignments

- Studies and information will be provided in advance, and participants will be expected to read those prior to each applicable class. This should not take longer than one hour.
- A written plan describing three resources (Plan A, B, and C) they will utilize if their own triggers are activated during facilitation or mediation sessions will be due within a few days after the class concludes.

Course Agreements

- Participants will attend each class.
- Participants will complete each assignment on time.
- Participants will commit their full attention to the course, meaning no other digital use or distractions during class.
- Participants will arrange their technology so that their faces and upper bodies are visible on Zoom and ensure that their microphones are functioning.
- Participants will commit to spending 30 minutes after each session without digital media use, except to turn on soft music. This time can be spent writing, listening to soothing music, resting, walking, or doing yoga. This will ensure the integration of the material and give room for processing if necessary.

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COURSE INSTRUCTOR

Barbara Barnes

Barbara Barnes has studied and practiced working with Trauma-Informed Best Practices for over 23 years. Her approach is pragmatic and rooted in her belief that approaches must be sustainable and benefit the facilitator and those in the processes being facilitated. Her approaches are informed by the latest in the neurology of trauma, and understanding how compassion, presence and connection can foster a space that provides support for processes to unfold in support of conflict resolution that includes recognizing the impacts of trauma. From learning about resonance and self-regulation and the nuances of trauma while training in Hakomi Body-Centered Psychotherapy to understanding the neurology of trauma through further studies, Barb's broad background provides for many ways to be aware of trauma and its impacts on human beings experiencing conflict. Some of the foundation of her work is based on the GRACE method pioneered by Roshi Joan Halifax that stresses, "Strong Back, Soft Front." Barb understands the importance of responding with skill when trauma responses are triggered and especially how to work with groups and individuals for whom the conflict is a source of trauma. This factors into the way we approach conflict facilitation, coaching, mediation, and our personal lives as well. She likes to remind herself and others that while she may have a high level of expertise in Trauma-Informed Best Practices, she prefers being a deeply connected practitioner over being an expert.