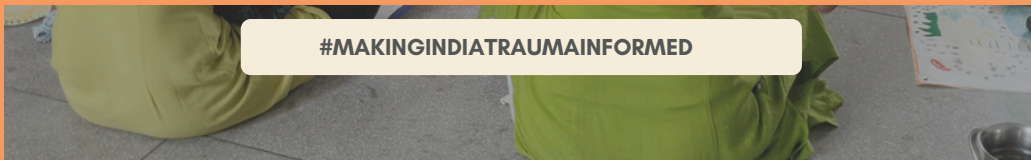




## SHORT TRAININGS PROGRAM

Bridging the gap from theory to practice

**#MAKINGINDIA TRAUMA INFORMED**



# ABOUT US...

*Trauma* is the most unaddressed and unseen epidemic in today's time. Seven out of ten children in India experience some form of adversity at an early age. If left unaddressed, these painful experiences can haunt them for the rest of their lives, deeply impacting their mental, emotional, and physical wellbeing.

I Am Wellbeing (Nairatmya Foundation) is a mental health not-for-profit organization dedicated to supporting such young lives struggling with adverse childhood experiences and building an ecosystem of trusted, available, trained adults.

We believe in the power of compassion, connection, and care to develop a healthy and happy nation.

# INTENT

With the intention of building the capacity of young mental health professionals and students towards trauma-informed practices and holistic healing, I Am Wellbeing has designed a series of short trainings which will be conducted by experts from the field.

The primary intent is to bridge the gap between academic knowledge and practical experience through the medium of experiential training that is backed by years of experience and research while being financially accessible.

# OBJECTIVES OF THE PROGRAM

01

To increase awareness and understanding of various modalities for trauma healing

02

To provide practical tools and strategies to deal with the challenges of starting your practice

03

To foster cultural competence in mental health professionals for diverse and inclusive care.

04

To make quality trainings available, affordable, and accessible

05

To build a strong foundation for young therapists by providing hands-on experiential training

# KEY FEATURES OF THE PROGRAM

Who is it for?

Young mental health professionals and post graduate students

Experienced mental health professionals and researchers with expertise in trauma-informed care

Expert Facilitators

Each training is priced affordably to ensure that financial constraints are not a hindrance in learning

Low-Cost Initiative

## Certificate

Certificate of Participation/Completion will be provided at the end of each training

Free reading material and meticulously researched resources will be provided by the trainers

## Free Resources



| Training Schedule |   |                   |   |                   |
|-------------------|---|-------------------|---|-------------------|
| Date              | Topics                                  | Trainer           | Venue                                     | Time              |
| 16.11.2024        | Trauma-Informed Arts Based Therapy      | Shambhavi Singh   | The Mind Garden, Anand Niketan, New Delhi | 11:00 am- 4:00 pm |
| 23.11.2024        | Introduction to Somatic Practices       | Akanksha Chandele | The Mind Garden, Anand Niketan, New Delhi | 11:00 am- 4:00 pm |
| 30.11.2024        | Using Drama as a therapy modality       | Rakshita Goel     | The Mind Garden, Anand Niketan, New Delhi | 11:00 am- 4:00 pm |
| 04.12.2024        | Introduction to Internal Family Systems | Maitreyi Nigwekar | Online   Zoom                             | 3:30 pm -6:30 pm  |

# A BRIEF ABOUT THE TRAININGS



## Trauma-Informed Arts Based Therapy

- Trauma-Informed Arts Based Therapy (TIABT) uses creative processes to help individuals express and process their traumatic experiences. This workshop focuses on integrating artistic expression with trauma-informed care principles to create a safe and supportive environment for healing and recovery.
- What will Be Covered:
- Reflection and Self-Exploration using different mediums of art
  - Integration of trauma-informed care principles in ABT
  - Exploring various art forms (visual arts, music, dance, drama) in therapy
  - Case studies and practical applications of TIABT



# Introduction to Somatic Practices

- Somatic Practices focus on the body's role in processing emotions and trauma, emphasising awareness of physical sensations, movement, and breath. It help individuals release stored tension, trauma, and stress by encouraging embodiment and mindfulness. This training offers an introduction to the skills used in supporting clients in using their bodies as a resource for emotional regulation, and working on overall wellbeing
- What Will Be Covered:
  - Introduction to Somatic Approach in Therapy
  - Exploring Safety for self and others
  - Understanding the stages of processing
  - Application in Therapeutic Settings



## Using Drama as a therapy modality

- Drama therapy is a dynamic and versatile therapeutic approach that uses theatrical techniques to facilitate personal growth and emotional healing. This workshop introduces participants to the principles and practices of drama therapy, offering hands-on experience in using drama as a therapeutic tool.

### What Will Be Covered:

- Introduction to drama therapy and its theoretical foundations
- Exploring various drama therapy techniques
- Creating a safe and supportive environment for clients
- Facilitating drama therapy sessions



# Introduction to Internal Family Systems (IFS)

- Internal Family Systems (IFS) training focuses on a therapeutic approach that explores the mind as being made up of different "parts," each with its own perspectives and roles. IFS aims to help individuals connect with their core "Self," a wise and compassionate inner resource, to heal wounded parts and bring balance. The training provides participants with techniques to support clients in understanding and integrating these internal parts, fostering personal growth and emotional healing.

## What Will Be Covered:

- Exploring the Internal Family System Model
- Understanding how to use "Parts Work" in Therapy
- Connecting with the "Self" and building resources for support
- Working with Trauma using the Internal Family System



## ELIGIBILITY

- ✔ Students from psychology and allied fields (postgraduate students only).
- ✔ Working mental health practitioners.

## CONTRIBUTION\*

- Kindly note that the minimum contribution per training is INR 500 (Five Hundred Rupees Only). However, you can choose to contribute more.
- If you choose to attend more than one training, the amount to be paid should be INR 500 multiplied by the number of trainings you have selected.
- Following details will be required to complete the payment process: Pan card, address, and a screenshot of the payment.
- The amount can be paid via online transaction (NEFT/IMPS):

*\*All contributions will be utilised for Nairatmya Foundation's work with under-resourced communities..*

# KNOW YOUR TRAINERS



## Shambhavi Singh (She/Her)

Shambhavi has studied Child and Adolescent Psychology at Queen's University, Belfast. She is a Trauma-Informed Arts-Based Therapist and Solution-Focused Brief Therapist with expertise in Social-Emotional Concerns and Parenting. She has been working for 13 years and uses arts-based mediums to work with trauma survivors. In her personal life, she lives by Buddhist philosophy, enjoys coloring, cleaning, and watching reality TV in her free time.



## Akanksha Chandele (They/Them)

Akanksha is a Holistic Trauma Therapist actively engaged in working with survivors of abuse and trauma. Their practice is rooted in building interconnectedness and compassion for all. They are a certified Arts-Based Therapist and Somatic Practitioner. With a deep inclination to provide holistic support to people from vulnerable communities, they started I Am Wellbeing, an organisation dedicated to making India Trauma-Informed.

# KNOW YOUR TRAINERS



## Rakshita Goel (She/Her)

Rakshita Goel is a Creative Arts therapist specialising in Dramatherapy, as well as a certified Emotional Freedom Technique (EFT) practitioner, with over 8 years of experience in mental health. For the past 5 years, she has been practicing as a therapist at her private practice, taptoreal. Additionally, she is affiliated with, Aagaz Theatre Trust, FAHI (Foundation of Arts and Health India), and serves on the Executive Board of the Drama Therapy Association of India (DTI).



## Maitreyi Nigwekar (She/Her)

Maitreyi is a Trauma-Informed Healer working with survivors of C-PTSD, abuse, & individuals moving through grief. Her approach involves working with different archetypes, belief systems, patterns and the body. Through her work, she hopes to create a world free of pain, where people are able to invite joy, freedom and safety into their lives

# VENUE FOR THE OFFLINE TRAININGS



The Mind Garden, Anand Niketan, New Delhi, 110021.

<https://maps.app.goo.gl/BM5yMVhGLLZSYk9G7>



REGISTER  
HERE!



HAVE  
QUESTIONS?

Short Trainings Program-Registration Form



With the intention of building capacity of young mental health professionals towards trauma-informed practices and holistic healing, I Am Wellbeing has designed a series of short trainings conducted by experts in the field. We are coming back with the second series in November, following the successful completion of the first round. See you there :)

CONTACT US

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Contact Number: 8920715913