



**SCHOOL CRISIS
RECOVERY**
and
RENEWAL

School crisis readiness is essential. Response is critical.
And: what happens after matters, too.

Supporting students, educators, school staff, and school-based clinicians to effectively implement trauma-informed crisis recovery and renewal strategies.

2nd Annual Winter Institute for Educators

Strategies for Cultivating Joy and Wholeness: Recovering from School Crisis through Connection

December 16, 2021

9:30 am PT - 1:00 pm PT
12:30 pm ET - 4:00 pm ET

REGISTER TODAY

Participants eligible to receive up to 1.5 Continued Education Hours*

Educators! Join us this December for a pre-winter break gathering to gather ourselves and each other.

This December 16, 2021, we offer a half day dive into regulating and restorative practices that support self-care, and collective renewal. Our 2nd annual virtual SCRR Winter Institute will provide educators a guided space to slow down, tend to and resource the many parts of selves that so often get overlooked.

Participate in full-group and breakout sessions that provide opportunities to prioritize joy and connection while engaging in tangible, therapeutic interventions that center:

- Movement, sensory awareness, and embodiment
- Art and drawing

LEARNING OBJECTIVES

- Create a safe, generative, and regulating experience for educators, school-based mental health providers, and people who tend to the emotional well-being of youth.
- Provide an opportunity for educators to engage in practices that cultivate joy, and support meaningful connection, wholeness and healing after a big thing (crisis event).
- Engage participants in evidence based, art and movement centered activities that positively impact the process of recovery and renewal after a crisis.
- Support participants in imagining new ways to humanize learning spaces in efforts that encourage crisis recovery.

WHO IS THIS FOR?

Anyone who tends to the wellbeing of young people in school settings (school leaders, educators, community service providers, guidance counselors in higher education, social workers, etc.).

*Continuing Education Hours Available:

Continuing Education Hours (CEHs) will be available for Mental Health Professionals that attend (attendance will need to be verified by SCRR). CEHs are available for a processing fee of \$25 payable to the Center for Applied Research Solutions (CARS) following today's event.

Up to 1.5 CEHs are available for ASW, BRN, LCSW, LEP, LMFT, LPCC, and/or PPS as required by the California Association of Marriage and Family Therapists (CAMFT) and CA Board of Registered Nurses. CARS is an approved provider for: CA Board of Registered Nurses #16303 and CAMFT #131736.

WINTER INSTITUTE WORKSHOPS

Strategies for Cultivating Joy and Wholeness- Recovering from School Crisis Through Connection

WINTER INSTITUTE WELCOMING PRACTICE

Recovery and Renewal Practice: Music and Song

We open our Winter Institute with a welcoming practice led by The Song Remedy (artist Brittany Tanner). Through music, Brittany invites us to remedy our hearts, minds and souls through a collective honoring of our ancestors and creation of powerful healing affirmations turned into song.



Facilitator: **Brittany Tanner**

Brittany Tanner, artist, mother and business owner is a Bay Area resident passionate about enriching the community through therapeutic ritual arts. Founder of The Song Remedy, which is both a healing circle and a place in which we use our HE(ART) to transform ourselves and our community. Brittany is a member of SOL Development and a co-founder of the collective Be Imaginative, she uses her voice as a healing agent for the community.

For more info, you can visit her website at: <https://thesongremedy.com/>

OPTION 1:

MY BODY IS A VESSEL: RECLAIMING SELF-CARE IN THE FACE OF CRISIS

Recovery and Renewal Practice: Movement & Embodiment

Our physical bodies carry us through all the events of our life. The physical body absorbs every moment, and remembers all that occurs, even when the thinking mind attempts to forget. This workshop will give experiential time to practice some restoration and grounding practices to support and thank our bodies, as well as support participants in creating self-care plans. This session explores how crisis impacts participants, how they can take care of their bodies in the middle and after a crisis, and how to create a lifestyle that supports them through crisis.



Facilitator: **Shirley Johnson, LMFT, MA**

Shirley is a licensed psychotherapist, energy healer, and yoga teacher based in Oakland, California. Passionate about self care and connecting to intuition as a form of political resistance and spiritual practice, Shirley leads a number of workshops supporting people to trust their inner wisdom and align with their inner healer.

Shirley brings 10 years of yoga teaching experience and certifications in Vinyasa, Prenatal, and Kundalini Yoga. She holds a Master's in Psychology from California Institute of Integral Studies (CIIS) and works with individuals and couples in her private practice. She has been studying various energy healing technologies the last 15 years, and brings explorations of codependency recovery, depression, sexuality, and race into her work. She has taught in seven different yoga teacher trainings and enjoys interweaving psychology and yoga.

She has taught in various settings and to different communities, including toddlers, teens, families, adults, and mature age folks. She truly believes if you have a body and can breathe, then this practice is for you! Shirley loves to support practitioners with developing a strong nervous system and a resiliency to be their authentic selves in this world.

For more info, you can visit her website at: www.soulisticwellness.com

WINTER INSTITUTE WORKSHOPS

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OPTION 2:

WHAT COLOR IS YOUR HEART TODAY? AN INTENTIONAL PRACTICE OF CHECKING IN

Recovery & Renewal Practice: Art-based Therapeutics

This workshop invites participants to connect with current-moment feeling state through drawing, painting, and/or building. A simple question, "What Color is Your Heart Today?", guides the exploration and expression of the present state of mind. After processing the hands-on art experiential together, educators will be able to view hearts made by children across the developmental spectrum and ask questions about implementing this accessible art process in the classroom.

Francine will also explain the scientific, and personal, rationale for offering this meditation. She has implemented it for 11 years in her psychotherapy practice called PAINT (Psychotherapeutic Art Interventions for Navigating Trauma). PAINT, with Lincoln, is the recipient of an ACEs Aware Grant from the Office of the California Surgeon General and the Department of Health Care Services. PAINT is currently offered in more than 10 schools from pre-K through high school, including counseling-enriched classrooms.



Facilitator: **Francine Ostrem, Ph.D., LMFT**

Clinician, teacher, trainer, and supervisor, Francine Ostrem devotes her mental health practice to children and families impacted by trauma and chronic stressors, including autoimmune conditions, Type 1 Diabetes in particular. Ostrem, Ph.D., LMFT, Expressive Arts Therapy Specialization, works at Lincoln, a mental health non-profit in West Oakland, and as part of a research and clinical team at the Madison Clinic for Pediatric Diabetes at UCSF.

She is also in private practice in Berkeley. Ostrem is the developer of Psychotherapeutic Art Interventions for Navigating Trauma, PAINT, a school-based mental health initiative that seeks to reduce the negative impact of Adverse Childhood Experiences through the science of relationship and expression. This trauma protocol has been fully translated to telehealth.

WINTER INSTITUTE CLOSING PRACTICE

Recovery & Renewal Practice: Regulation

We close our Winter Institute with a settling practice led by Antoine Moore who explores the integral relationship between stretching and necessary release, stress management and calming the nervous system, in aims of accessing joy and renewal.



Facilitator: **Antoine Moore, MA, MPP**

Antoine (SCRR Field Coach and Trauma Transformed partners) is at heart a catalyst for learning and development, having done some form of individual or organizational capacity building for 20 years. In the past, he worked as a life coach, nonprofit consultant, facilitator, manager, and creative arts therapist.

Antoine has great passion for helping others create trauma-informed systems and education settings. His perpetual question is how to set up creative, responsive contexts where people can bring forth their best thinking and being. Antoine loves language and culture and has a goal to become conversant in seven languages before he retires.