

Training courses offered by Mia Klassen and Margaret Wright

(2-3-hour courses)

1. ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences, ACEs has a profound effect on children's growth and development as the growth of their brain is inhibited due to trauma. Stressors cause deficits in verbal short-term memory. The level of memory impairment children experience is related to the intensity of their suffering. Due to damaged neurons, ordeals can leave long-lasting effects on the developing brain. This underpins the explicit memory system. This training will increase awareness and understanding by pinpointing behaviors based on trauma. Role-plays are conducted to increase awareness and understanding.

2. BOUNDARIES

Boundaries keep us safe and assure our relationships are healthy. They prevent us from being manipulated and violated by others. They allow us to find words to individual feelings that are important and yet different than those of others. Boundaries allow us to be self-aware. They allow us to be direct. Role-plays and interactive moments are created to increase the importance of building boundaries.

3. PTSD, THE IMPACT OF CRIME

Personal stories are shared by both related to PTSD and ACE's and their healing journey's. Brain functioning, hormone and physical health are explored in relationship to PTSD and ACE's. A victim of crime Margaret teaches re the impact of crime, how to assist a victim of crime, blockages in the justice system leading to victim blaming and resources are shared.

4. FINDING RESILIENCE, BALANCE AND MEANING WHEN THERE IS COMPASSION FATIGUE AND BURNOUT

Stress can affect all of us at work and in ministry. We will be addressing traumatic stress and resilience in these areas. We will be covering: -the importance of soul care and how to care well for those in our communities who have experienced trauma.

-how to tell the differences between helpful stress and traumatic stress.
-how to build resilience to face your own workplace/ministry stress. -how to build the resilience of others.

For prices, please contact Mia Klassen or Margaret Wright directly.

Mia Klassen, RPC-C

Mia is a registered Counsellor through Canadian Professional Counselling Association (#3875) with a specialty in ACE's (Adverse Childhood Experiences): severe abuse and trauma, OCDs, PTSD, DID and all diagnosed mental illnesses. Her passion is to support, validate and enrich the lives of individuals affected by life's traumatic experiences. She has extensive mentoring experience in working with families and vulnerable populations and creates weekly blogs for marginalized women.

Check Mia out at Hope4theheart.net

or contact at: Klassenmia4@gmail.com Ph#: 403-827-9206

Margaret Wright, RN, BN

Margaret is a long-time member of St. James Anglican Church where she serves both on their worship team and Mission's committee. She is a registered nurse working part-time at the Alberta Children's Hospital and has her degree in nursing from the U. of Manitoba, with 35 years of working in her profession.

Margaret was a victim of crime and suffered injustice in the court system. She brings years of research from bibliotherapy for her own healing. Margaret teaches on brain functioning, the impact of PTSD on the brain & body and how to assist a victim of crime. Her teaching includes trauma training and resiliency training for compassion fatigue and burnout.

Margaret's has a heart for those who are struggling to make sense of their world and a passion to see many find wholeness and healing from the brokenness of their lives. She has a heart to bring hope to those who feel there is none and like her discover beauty in this world. She also has a passion to use music as a bridge to bring others into a place of healing for themselves and others.

Contact Margaret at: margieruth70@gmail.com Ph#: 403-617-2080