

Trauma informed stress-resilience program for community wellness, violence prevention, and mental health by Salimah Gillani & Jeannie May

Stress resilience and emotional regulation is a key factor in student success and professional development. The latest finding in neuroscience, trauma research, and Somatic psychology suggests that chronic stress impacts brain functioning and Disrupts our ability to learn, to focus and pay attention, to regulate emotions, and to cope in healthy ways.

Transformative Life Skills (TLS) is an evidence based, trauma informed stress resilience program that has been embraced by educators and mental health professionals for over a decade.

The program addresses the physical, emotional, and neurology of optimal information processing, and emotional regulation. The program increases learning readiness, Enables emotional regulation, and increases pro-social behavior on children, adolescent, and adults.

TLS results in youth and adults have shown reduced behavior problems and aggression, improved ability to pay attention, improved self-control, and decreased anxiety, stress, and fatigue.

This workshop is ideal for community staff working with trauma, suicide prevention, youth development, and violence prevention.

This workshop will offer tools for both personal and professional stress resilience as well as healing from primary and vicarious trauma.

Please note that the tools offered will involve gentle movement and breathing practices and the workshop will involve working in groups and participating.

Key learning:

- Identify personal stressors and coping mechanism for yourself and your clients and Customize tools for stress management and healing from secondary and vicarious trauma
- Apply appropriate interventions for students or clients stress response of flight, fight or freeze
- Create an implementation plan to facilitate 5-15 minute stress management sessions to increase stress resilience, increase attention, self-control, and emotional regulation in children, teens, and adults.

Biography: Salimah Gillani & Jeannie May

Salimah has been working in Nunavik for over 13 years coordinating multiple community based wellness workshops for organizational staff from the Kativik School Board, Kativik Regional Government, and the Nunavik Health Board. Salimah has a BSc in Physiology from McGill University. Salimah is a certified dynamic mindfulness instructor and ASIST trainer. Salimah is the cofounder of TLS Nunavik. The program has been offered to schools and community organizations across Nunavik as well as the yearly Putautiit Conferences. She has taught workshops in Australia, Europe, Africa, and the United States since 2013.