

**16**

**November**

**8:30am-  
2:30pm**

**Spokane**

# **RESILIENCE STRATEGIES & WELLBEING TRAINING**

**FREE TRAINING FOR ALL  
FIRST RESPONDERS**

2302 N. WATERWORKS  
SPOKANE, WA 99210

**TO REGISTER CONTACT:**

Tricia Small

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# ABOUT THE TRAINING

This training is provided free of charge and open to all first responders from Fire and Police to dispatchers to coroners and ER nurses staff. This training will focus on addressing stress and building resilience strategies to strengthen wellbeing. This training will be a blend of lecture and practical experiential learning. Training areas include:

- Secondary Traumatic Stress
- Moral injury & Burnout
- Identifying stress responses & regulation strategies
- Somatic Stress management
- Vicarious resilience
- Wellness paradigms & rhythms of care

Participants will leave this course with tools to assess their own wellbeing and resilience strategies to enhance their individual wellbeing as well as that of the broader team.

## ABOUT THE TRAINER



Emma holds a masters degree in Expressive Arts Therapy for Conflict Transformation & Peacebuilding. For the last 8 years her work has ranged from post-genocide and conflict zones abroad to consulting with local government entities and first responders to deepen integration of trauma theory into practice that builds resilience and more humane and compassionate responses to suffering in our world. Emma has worked with first responders across the country from Seattle Fire to New Orleans Mobile Crisis Intervention Unit to NYC B-HEARD.