

# COMMUNITY RESILIENCE TOOLS FOR MOVING THROUGH & BEYOND TRAUMA

APRIL 23, 2018  
UNLV FOUNDATION



Working and/or living through a traumatic event can negatively affect emotional and physical health, social functioning, and economic well-being. The **"Tools for Moving Through and Beyond Trauma"** workshop is designed to give participants evidence-based practical tools for preventing and managing life's inevitable stresses, building resilience and self-awareness. This approach, which is grounded in our biology and psychology, is designed to transform even the most devastating trauma into an opportunity for discovering personal meaning and purpose.

## Workshop Objectives

- Experience several evidence-based mind-body medicine techniques as tools to relieve stress, transform trauma, and enhance health and wellbeing
- Understand the connection between caregiving, stress, and chronic illness
- Understand how mind-body skills groups are structured to create trauma healing
- Recognize the importance of a community response to dealing with crisis

## Workshop Registration

**April 23, 2018**  
**9 AM - 2 PM (lunch provided)**  
UNLV Foundation  
Blasco Room  
4505 S. Maryland Parkway  
Las Vegas, NV 89154

RVSP for the workshop at  
[netcommunity.unlv.edu/healing](http://netcommunity.unlv.edu/healing)

This workshop is hosted by Dr. Anne Weisman, Director of Wellness and Integrative Medicine at the UNLV School of Medicine. Support for this workshop was made possible by the Las Vegas Healing Collaborative Fund at the UNLV School of Medicine.

## Workshop Presenters

**James S. Gordon, MD**, psychiatrist and CMBM Founder and Executive Director, is a Clinical Professor of Psychiatry and Family Medicine at Georgetown Medical School, and chaired the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush. Dr. Gordon is the author of *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*; *Comprehensive Cancer Care*; *Manifesto for a New Medicine*; and more than 120 articles in professional journals and mainstream publications, among them the *American Journal of Psychiatry*, *Clinical Psychiatry*, *The Journal of Traumatic Stress*, *The American Family Physician*, *The Atlantic Monthly*, *The Washington Post*, and *The New York Times*.



**Sabrina N'diaye PhD, LCSW-C**, is an integrative psychotherapist and founder of the Heart Nest Center for Peace and Healing in Baltimore. Dr. N'diaye is a Center for Mind-Body Medicine faculty member. She works with individuals, couples, and survivors of gender-based violence, community activists, police departments, flight attendants, and peace builders in the US, as well as in CMBM programs in the Middle East and Houston.



The Center for Mind-Body Medicine (CMBM) was founded in 1991 by James S. Gordon, M.D. In the years since then, CMBM has become a worldwide leader in making self-care, group support, and community-building central to all healthcare, the training of health professionals, and the education of children. CMBM has focused on providing innovative solutions to some of the world's most intractable and complex psychological and physical problems. Dr. Gordon, with over 130 CMBM faculty have developed programs for population-wide trauma healing in the Balkans, the Middle East, and Haiti, in post-Katrina New Orleans, on the Pine Ridge Indian Reservation in South Dakota, post-Harvey Houston, and with the Veterans Administration.

Learn more about their work at [cmbm.org](http://cmbm.org).