

# HEALING FROM THE TRAUMA OF INCARCERATION

**Incarceration is an inherently traumatic experience. The suffering behind the wall and the stigma and barriers upon reentry have a significant negative effect on mental health, but there are few resources available to heal.**

This four-part workshop series, led by formerly incarcerated community leaders, is intended to support healing and growth for those reentering the community from incarceration. Attendees will learn how to understand the trauma they experienced and its effects in their lives, learn and practice coping skills to better respond to triggers, and process their experiences with therapeutic support. Each session will incorporate guided group discussions. Attendees will receive a workbook with exercises, prompts, and information to help with their healing journey.

## **WEEK 1**

### **REENTRY AND PTSD**

Participants will learn about PTSD, its effects, and how the experience of reentry can impact healing.

## **WEEK 3**

### **HEALING THE BODYMIND**

With the help of a trained community healer, participants will learn to incorporate movement, mindfulness, and healing touch as part of the recovery and growth process.

***Date, Time, and Location***

***TBD***

## **WEEK 2**

### **REFLECTING ON PERSONAL TRAUMA**

Participants will learn to understand their traumatic experiences, their triggers, and their responses. Participants will begin the process of forgiving and unlearning self-destructive coping mechanisms.

## **WEEK 4**

### **MOVING FORWARD**

Participants will practice coping skills, develop trauma response practices, and begin connecting with long-term mental health providers.