TRANSFORMING TRAUMA IN NATURE:

*Discovering our Gifts, Telling New Stories, Reclaiming Ourselves*

An educational workshop

Sept 23-25, 2016

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We have three intentions with this confidential questionnaire:

1) To help you to begin the work of the Transforming Trauma workshop through reflecting on where you are in your journey, and where you seek to go.

2) To help us create to a safe container in which you can do your best work, and

3) To help us to design the most helpful experience possible for you.

Please email to Kris@cedartreehealing.org

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Age: ­­­­­­\_\_\_\_\_\_\_\_

Please indicate your preferred pronouns, or write them in: She/her/hers; He/him/his; They/them/their; other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1) Tell us how you heard about Transforming Trauma?

2) What calls you now to take this workshop?

3) Is your interest:

Personal \_\_\_\_\_\_\_\_ Professional? \_\_\_\_\_\_\_\_ Both?\_\_\_\_\_\_\_

If professional (e.g. if you work in a caregiving, healing arts, helping profession and other fields where you may have some training in working with trauma and/or in natural settings), please explain:

4) As educational guides, we will be inviting you to choose a traumatic event or aspect of a past trauma to work with over the course of the workshop. It is important that you choose a trauma that isn’t too triggering or overwhelming. As you work on “mining the gold” of the trauma and creating a new story, you will be reflecting on the trauma, practicing exercises based on it, and invited to share and be witnessed in your transformational work.

There are two kinds of traumas that would be appropriate to work with: a “lesser” trauma that you feel capable of working with in this way, or 2) a primary trauma that you have already done significant work on in therapy, to the point where you can do this kind of work with it, without becoming overwhelmed. If you are unsure of what trauma to work with, we invite you to talk this over with your therapist, or to talk with one of us about it ahead of time.

It is important to know that you will not “lose out” on an opportunity if you choose a lesser trauma. This is because you will be learning templates and exercises to ‘mine the gold’, and find the gift within a traumatic event. Once you have learned these processes, and gained confidence in your ability to achieve success with them, you can then choose to apply them to more triggering traumas in your work with your therapist, or with a guide in another setting.

Given this description, please list the trauma(s) you are considering working with in the workshop. Do *not* provide a story – just the “headline” (e.g. divorce 5 years ago; alcoholic parent, ongoing oppression of society, etc

5) For trauma(s) or traumatic event you listed above, please describe where you are in your journey with it. You might include progress you have made with it in therapy, how you think and feel about the trauma as you consider it now, areas where you feel stuck, and where you wish to go with it.

6) What do you most hope to get out of this workshop? What are you most curious about?

7) Do you have concerns about attending a workshop in a natural setting? If so, what are they?

8) Are you currently experiencing a traumatic event? This could be loss of a home to wildfire, loss of work, a divorce etc. We want to be sensitive to what you may be facing in present time.

9) What resources and resilience practices do you already draw upon in your life, that could help you explore a traumatic event (e.g. music, dance, spiritual practices, exercise…)?

10) Do you have a specific spiritual, nature-based and/or religious practice which you find helpful in addressing challenging life situations? If you care to say, in what wisdom tradition or practice do you engage? Our class is open to all. We want to make sure that the language we use for principles and practices communicates easily.

11) Is there anything else you’d like us to know about your current situation, needs, desires, etc.?

Thank you for your care in responding. We look forward to growing together.

With appreciation in our mutual learning,

Kris Abrams and Dominie Cappadonna