

**MARCH  
2017  
Lancaster, Pa**



# STAR

Strategies for Trauma Awareness and Resilience ®

STAR is a five-day research-supported trauma awareness and resilience training program facilitated by faculty and staff of EMU's Center for Justice and Peacebuilding. STAR brings together theory and practices from neurobiology, conflict transformation, human security, spirituality, and restorative justice to address the needs of trauma-impacted individuals and communities. STAR trainings are multi-cultural, multi-faith gatherings in which all are welcomed to use the language of their own cultures and faith traditions. Openness, sensitivity and respect are encouraged.

The training combines lectures with experiential and interactive activities. Learning happens through presentations, physical activity, creative expression, and interaction with other participants.

At the end of the training participants will be able to bring a trauma-informed perspective to their personal and professional lives, present the basic concepts and use the tools with others.

**Workshop topics:**

- ▶ Trauma overview & definitions—types of trauma
- ▶ Effects of trauma—emotional, cognitive, physical, spiritual, behavioral
- ▶ Unhealed trauma and cycles of victimhood and violence—acting in and acting out
- ▶ Tools and processes for address trauma—body, mind, spirit; restorative justice and conflict transformation
- ▶ Resilience and self-care—individual and collective

The Center for Justice and Peacebuilding at Eastern Mennonite University will be offering **Strategies for Trauma Awareness and Resilience - Level 1** training in Lancaster, Pa. STAR is for those whose work brings them in contact with populations dealing with historic or current trauma.

**By the end of the training, participants will be able to:**

- ▶ Bring a trauma and resilience informed perspective to personal and professional life
- ▶ Apply the STAR model in their personal and professional life
- ▶ Understand trauma's impact on body, brain and behavior of individuals and groups
- ▶ Know processes for breaking cycles of violence (thus preventing further trauma) and building resilience
- ▶ Share the basic concepts with others

**Dates:**

March 20-24, 2017

**Location:**

EMU at Lancaster  
Greenfield Corporate Center  
1846 Charter Lane,  
Lancaster, PA 17601  
(717) 397-5190

**Trainers:** Dr. Vernon Jantzi and Najla Elmangoush

**Cost:** \$749 (If your employer will cover the cost of your training, complete the registration application and, instead of submitting payment, print an invoice for payment. Your employer will then be able to use the invoice to submit payment on your behalf).

**Application Deadline:** March 3, 2017

**For more information, and to register please visit:**

[www.emu.edu/lancaster/star-level-1-training](http://www.emu.edu/lancaster/star-level-1-training)

**Questions?**

Email: [lancaster@emu.edu](mailto:lancaster@emu.edu)

Call: 717-397-5190



*STAR is a program of the  
Center for Justice and  
Peacebuilding at EMU.*



**Eastern  
Mennonite  
University**