



3 months pilot training starting on the 16th of June  
**TRAUMA-INFORMED LEADERSHIP FOR COLLECTIVE TRAUMA**  
 With Manuela Mischke-Reeds

Being a helper for victims of Ukrainian war can be challenging both mentally and emotionally. The desire to help traumatized victims of the war can be both inspiring and overwhelming. The most effective helper is able to stay grounded, resourced and informed of how trauma impacts our human nervous system.

In this helper training we will learn how to become trauma informed by learning key somatic and mindfulness practices for self-regulation. And how trauma impacts the human nervous system. These somatic techniques are for self-care and the can be offered to others. Each meeting session will be a combination of didactic trauma learning, guided somatic practices and discussions.

You will have the opportunity to share your experiences, ask questions and collaborate on creative ideas how to support the Ukrainian refugees as a community.

Manuela Mischke-Reeds, is a trauma therapist and somatic psychology teacher with 25+ clinical experience. She has counseled victims of torture, first responders, and recently Ukrainian leaders in organizations. She trains mental health professionals in Trauma therapies that integrate evidence based techniques, somatic and mindfulness practices that are trauma informed. We will meet for three session over three months. Each session will be three hours via zoom.

**Sample outline that will be revised**

**1 Session 16th of June @ 19-22**

Trauma arousal theory  
 Trauma stages  
 Understanding trauma in body  
 Resourcing oneself  
 Backbody practice

**2. Session 28th of July @18.30-21.30**

Applied Polyvagal trauma theory  
 Understanding co-regulation  
 Key Trauma symptoms  
 Vicarious helper trauma and  
 Compassion Fatigue

**3 Session 25th of August @18.30-21.30**

How to safely discharge trauma responses  
 Tracking signs of overwhelm and freeze responses  
 De-escalating highly charged moments  
 Resourcing the community through creativity

This online pilot training requires your commitment for the minimum three monthly meetings. We are looking for collaboration & sponsors for this training.  
 Cost: 150€ / person/ 3 months  
 Registrations and more information: [info@nadiya.fi](mailto:info@nadiya.fi)  
<https://manuelam.com>