

## Trauma Training (TT) Information Sheet

### What are the Herbalists Without Borders Trauma Trainings?

The **Trauma Trainings** are single or multi-day intensive sessions that teach Complementary and Alternative Medicine (CAM) practitioners and other community members about various ways to come together to respond effectively when unexpected stressors and traumas impact their geographic and demographic regions. A primary focus is training trainers to be prepared to assist people in dire need--which includes short term immediate crisis needs and longer term needs that are often invisible and unmet. Examples of large scale events are: natural disasters such as floods and earthquakes, human-made disasters such as environmentally toxic chemical spills, violence such as mass shootings and homicides in schools or workplaces, returning Veterans and their families coping with PTSD, Post Traumatic Stress Disorder. All HWB Trauma Training topics have been clinically researched and are effective in cases of trauma and PTSD. Herbalists Without Borders also offers ongoing, long term support and technical assistance to each Trauma Training team beyond the scope of this training. Post Trauma Training chapter activities have included min-day dialogue sessions, designing of CAM emergency contact directories, creating of CAM Compassionate Community Care Circles and more.

### What is our vision and intent motivating HWB to conduct Trauma Trainings?

It is our hope that diverse regions globally and in North America become better equipped in response to the short and long term needs of people in their communities experiencing high levels of stress and trauma due to factors beyond their control. HWB desires to assist people with health, wellness and hope during and after trauma. Presently, only very short term immediate crisis needs are met by conventional response teams. We believe that CAM practitioners may come together in a unified and creative way to respond as compassionate care circles--setting up emergency CAM clinics, doing street medic work and a variety of other responses within their communities in need. The Herbalists Without Borders Trauma Training teams offer accessible, affordable tools and methods of health and wellness, as well as mechanisms to fill the gaps that are not met by the Red Cross, 911, EMT's, and other systems. As always, HWB works in collaboration with other community agencies. We wish to emphasize that this is a unique *train the trainers* model program offered only by Herbalists Without Borders International.

### Who is encouraged to attend a Trauma Training?

CAM-complementary alternative medicine practitioners, which of course includes herbalists, conventional medical staff, emergency and crisis workers, students, volunteers, survivors, community organizers and activists...and anyone else who wishes to participate.

### How many Trauma Trainings will there be?

Our original goal beginning in 2013 was to conduct Trauma Trainings annually, a total of 7-9 sessions in North America during years 2013-2016 throughout diverse geographic regions of the United States and Canada. In the Spring of 2016 we held one large venue, a train-the-trainers TT model in the United States (Minneapolis, MN region) which was our National Trauma Training. Presently, another larger unified Trauma Training is being planned.

### How do we initiate having a TT in our region?

Contact the Executive Director of Herbalists Without Borders International: officeHWB@gmail.com Attention: Gigi Stafne, ND, MH

### What is the estimated regional budget for one Trauma Training?

Please contact Gigi Stafne, Director of HWB Intl for this information: officeHWB@gmail.com

### How long is the TT?

Most Trauma Trainings have been one full day in length. This could be expanded out (with a TT budget increase).

### Who activates marketing, publicity and organizing for the TT?

The regional hosts and on-site organizers do. If you are need of ideas on how to promote your TT, please contact our HWB office. However, we believe that you, the on-site community organizers, know the best approaches, people and places to spread the word about such a training ultimately encouraging people to register and participate. Follow up surveys have indicated that word-of-mouth personal/professional invitations and use of social media have been the most effective means of promoting Trauma Trainings.

### What is the role of the regional host/on-site organizer?

This is a volunteer role and is similar to being a conference coordinator or training host. Basic duties include but are not limited to: initiating the conference with HWB, ongoing communications and progress updates with HWB, securing a training location/space, selecting regional trainers, acquiring donations for the event such as teas, beverages, printing and other items, promoting and

marketing the training, setting the agenda for the day, identifying volunteers for the training, maintaining a registration roster with our HWB office (we collect the registrations/fees and submit necessary payments/stipends), moderating the training, general follow up and wrap up. Other TT details as necessary. There is also an expectation that your region will create a follow up HWB chapter and/or coordinated compassionate care team or response team who will become the future trainers and CAM responders in your region of the United States or Canada.

**Is there a keynote speaker, workshop trainers? Are they paid?**

The keynote speaker arrives from our domestic/international office of Herbalists Without Borders to present information about the work of HWB, the intent of the Trauma Training and how to organize models on a community-regional level. There is also the option of having the HWB representative present another in-depth workshop pertaining to specific botanicals pertaining to trauma. Ideally, regions have 1-3 other regional workshop trainers who are also experts in this realm of CAM trauma work. For example, an herbalist might speak about botanical medicine for trauma and PTSD survivors, another might conduct an Herbal Street Medic workshop, energy work for emergency situations, an EMDR-EFT or other practitioner adept at working with survivors of trauma may also present. Speaker stipends are in TT budgets, thus regional trainers are paid for their important work. HWB provides the keynote speaker pro bono (lodging/meals/travel expenses are additional).

**Who secures a space for the training? How does this work?**

You as an on-site host/organizer will secure the best location. This has ranged from community centers, healing centers to urban downtown conference centers. What is important to keep in mind is that if you secure a location pro bono--or free--this will keep the cost of your training registration fee lower for your participants. Additional feedback from past Trauma Training organizers is to hold the event in an intimate feeling safe space.

**What is the average cost per person for the TT? Are there scholarships available?**

The TT cost per person is variable. This depends upon your overall budget which our Executive Director and Treasurer will design with you for your region's needs. If the budget allows there are sometimes 50% off scholarships. We encourage you to find other businesses and organizations to help sponsor individuals to attend this training who might not be able to otherwise. Presently our HWB domestic/international office is seeking additional grants for this purpose, too. Email us: [officeHWB@gmail.com](mailto:officeHWB@gmail.com)

**Herbalists Without Borders International is always seeking donations and foundation support to fund our Trauma Trainings. To be a sponsor contact: Gigi Stafne, Executive Director, HWB: [officeHWB@gmail.com](mailto:officeHWB@gmail.com)**

**I have other questions about hosting and organizing a Trauma Training in my region. Whom may I speak with?**

Please contact the Executive Director of Herbalists Without Borders, Gigi Stafne at: [officeHWB@gmail.com](mailto:officeHWB@gmail.com)  
[www.herbalistswithoutborders.weebly.com](http://www.herbalistswithoutborders.weebly.com)

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