Understanding and Healing Trauma

Wednesday, November 15, 2017 • 5:00—6:30 PM
Paige Hall Crane Room

This Workshop will focus on how to recognize the effects of trauma in our students and how we can help them in schools. We will discuss how and why trauma effects behavior in classrooms and what each of us can do to help students see schools as safe spaces.

We will explore why Trauma Sensitive Yoga has become an effective tool for helping to heal trauma, the lessons we can learn from the mat and how to incorporate yoga into our classroom.

About the speaker: Anna Kharaz is a licensed therapist and certified Trauma Center Trauma Sensitive Yoga (TCTSY) facilitator. She has worked in domestic and international school systems and now has a private therapy practice. You can learn more about her and TCTSY at www.traumasensitivyyoga.com

Food will be provided

RSVP at go.tufts.edu/traumaworkshop

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