

Vicarious Trauma and the Path to Resilience

During this two day training, Siobhan Seymour will share her personal struggle with work related trauma, suicidal ideation, and lessons learned from working with trauma victims. The training encompasses education on stress and trauma and it's impacts on the nervous system and functioning of the brain. Participants will learn how prolonged exposure to trauma effects their bodies and minds as well as tools to use to mitigate the effects of stress and stay healthy in their work and home life.

The goal of this training is to leave participants feeling empowered with the tools they need to successfully build resilience as well as a plan to actively apply these tools in their daily life. Siobhan will present the scientific research around these models to help participants understand the efficacy and potency of these simple daily practices.



Siobhan Seymour is a retired detective from Fort Collins Police Department in Colorado where she served for 16 years, 11 as a Crimes Against Persons Detective. She has great experience in working with individuals who have experienced trauma, and has her own personal history of overcoming the diagnoses of PTSD, anxiety, and depression. Siobhan has done extensive research on wellbeing in an effort to heal herself organically and discovered simple things such as gratitude, connection, diet, movement, and breath work have profound effects on our mental and physical wellbeing. Siobhan is now a certified wellness coach with a focus on trauma and stress management, and has obtained over twenty additional certifications including a certification as a Trauma Specialist and an additional certification in Stress Management. She provides trainings and workshops to first responders on the importance of self care and resilience. She hosts a minimum of two Wellness Retreats on the sandy shores of Isla Colon in Panama where she educates and empowers attendees to learn about their body and mind's unique abilities to heal themselves.



ONLINE DATES!

3/24-3/25

5/5-5/6

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theTEGANgroup.org