

The Evergreen State College
Evening and Weekend Studies Program
Spring 2007

TRAUMA AND HEALING

Workshop Outline, April 6-8, 2007

Friday, April 6, 2007

6:00—7:30 Introductions, Ground Rules, Expectations & Concerns, Review of Schedule
7:30—7:45 Break
7:45—8:45 Documentary Film: The Soldier's Heart
8:45--9:45 Discussion of film and the origins of theorizing about PTSD
8:45—10:00 Closure

Saturday, April 7, 2007

9:00—9:30 Mood scan, emotions and needs
9:30—10:15 Mini lecture & discussion: Trauma as a story
10:15—Noon From reaction to reflection: Empathy and the art of listening to stories about trauma and violence
Noon-1:00 Lunch Break
1:00—2:30 Feature Film: Death and the Maiden
2:30—2:45 Break
2:45—3:45 Discussion of film and the interplay between personal and collective trauma
3:45—4:00 Closure

Sunday, April 8, 2007

9:00—9:30 Mood scan
9:30—10:15 Mini lecture & Discussion: Creative Approaches to Healing
10:15—10:30 Break
10:30—11:30 Documentary: Long Night Journey into Day (about the Truth and Reconciliation commission in South Africa)
11:30—Noon Discussion of film and community building as a method of healing
Noon—1:00 Lunch Break
1:00—3:00 Healing through Creative Arts and Body Work
3:00—4:00 Feedback and Evaluation