

# Professional Workshops on Becoming Trauma-Sensitive: Making Mindfulness and Meditation Safe for Trauma Survivors

Organized by CUHK Thomas Jing Centre for Mindfulness Research and Training

Emerging research suggests that mindfulness interventions can help or hinder trauma survivors, raising a crucial question for mindfulness educators everywhere: How can you be prepared to minimize the potential dangers of mindfulness for survivors while leveraging its powerful benefits at the same time?

This workshop designed for mindfulness providers and wellness professionals will equip you with the tools you need to offer mindfulness in a safe, effective, trauma-sensitive way.

## CE Accreditation: Pending

**Training Days:** 5, 12 and 19 January 2022  
7:30 - 9:00 pm (HKT)  
(3 weekly sessions of 1.5hrs each)

**Mode:** Zoom Live

**Target Participants:** This is a professional training for psychologists, social workers, nurses, psychiatrists, etc. who are interested in trauma-sensitive mindfulness practice.

**Training Fee:** HKD 950  
\*Early bird: HKD 800 registered on or before 6 Dec 2021



Find out more &  
**Register NOW:**



Complete the online application form at [shorturl.at/fgiAV](https://shorturl.at/fgiAV) or scan the above QR code.

Upon receiving the application, participants will be informed to send in cheques to confirm the registration.



## Trainer:

David Treleaven, PhD, is a writer, educator, and trauma professional whose work focuses on the intersection of trauma and mindfulness. He is author of the book *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing* (W. W. Norton, 2018). He's lectured on trauma-sensitive mindfulness at the University of California, Los Angeles (UCLA), the Center for Mindfulness at the University of Massachusetts Medical School, and the Omega Institute in New York. Trained in counseling psychology at the University of British Columbia, he received his doctorate in psychology from the California Institute of Integral Studies and is currently a visiting scholar at Brown University.

