



From Trauma- Informed Care to Healing Centered Engagement

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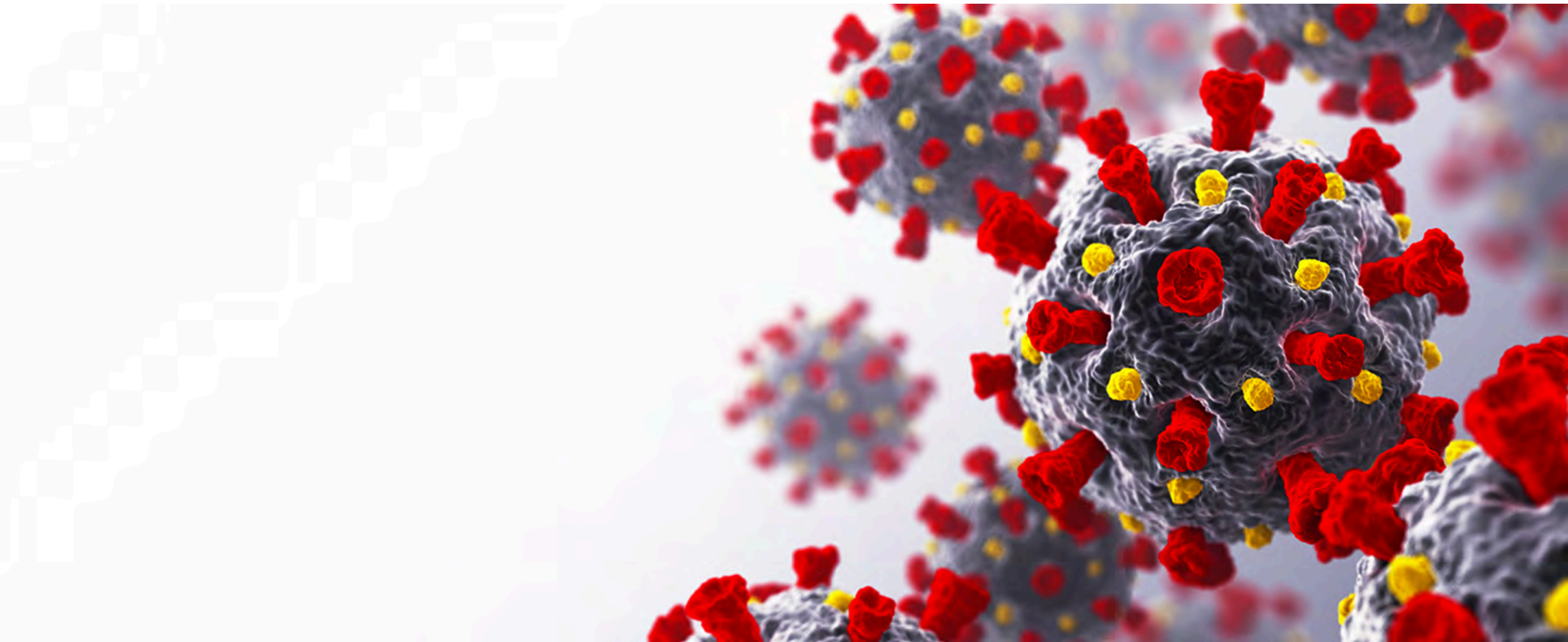
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Context Setting: Where we are

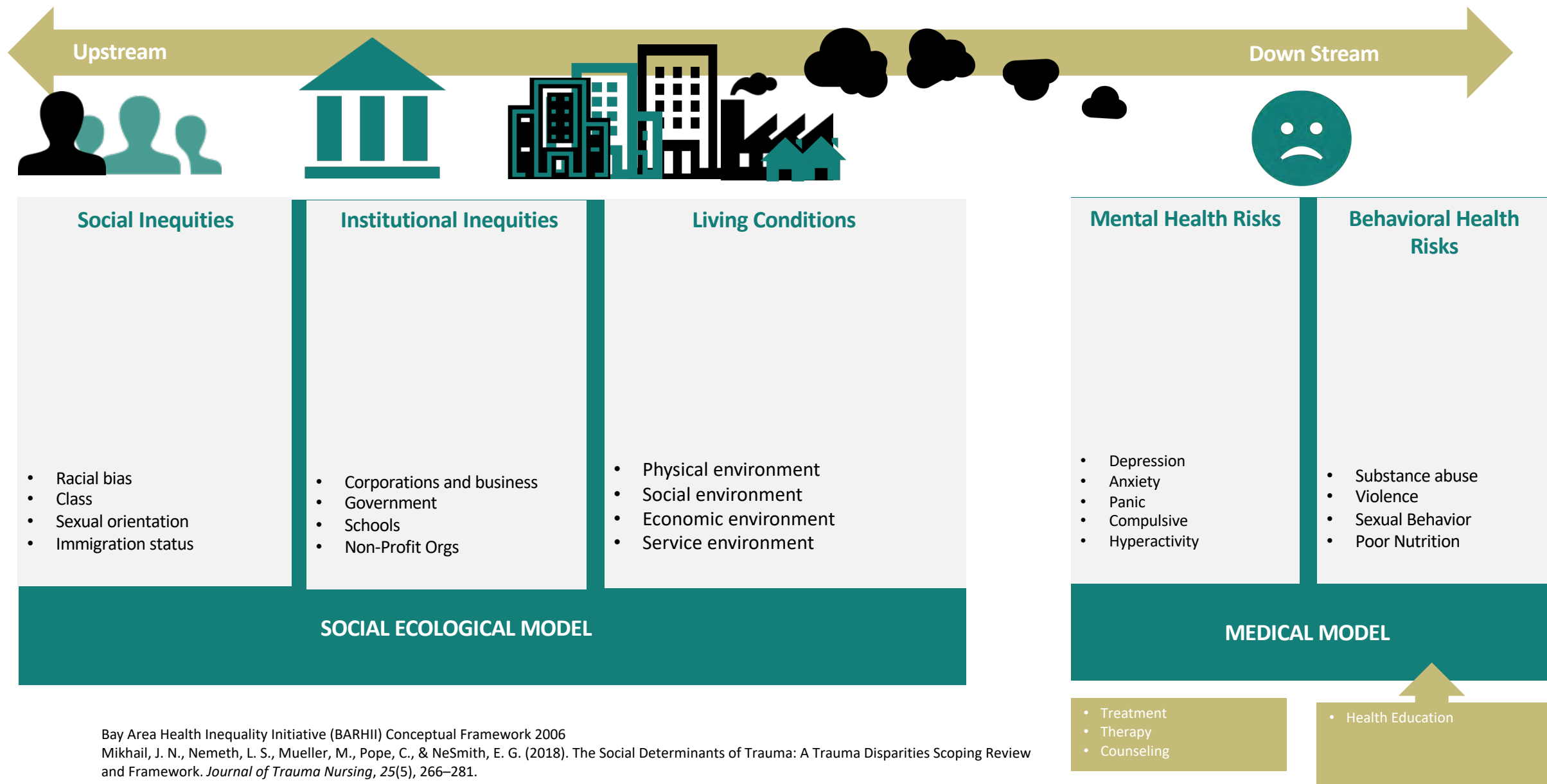
Covid-19



Racialized Trauma



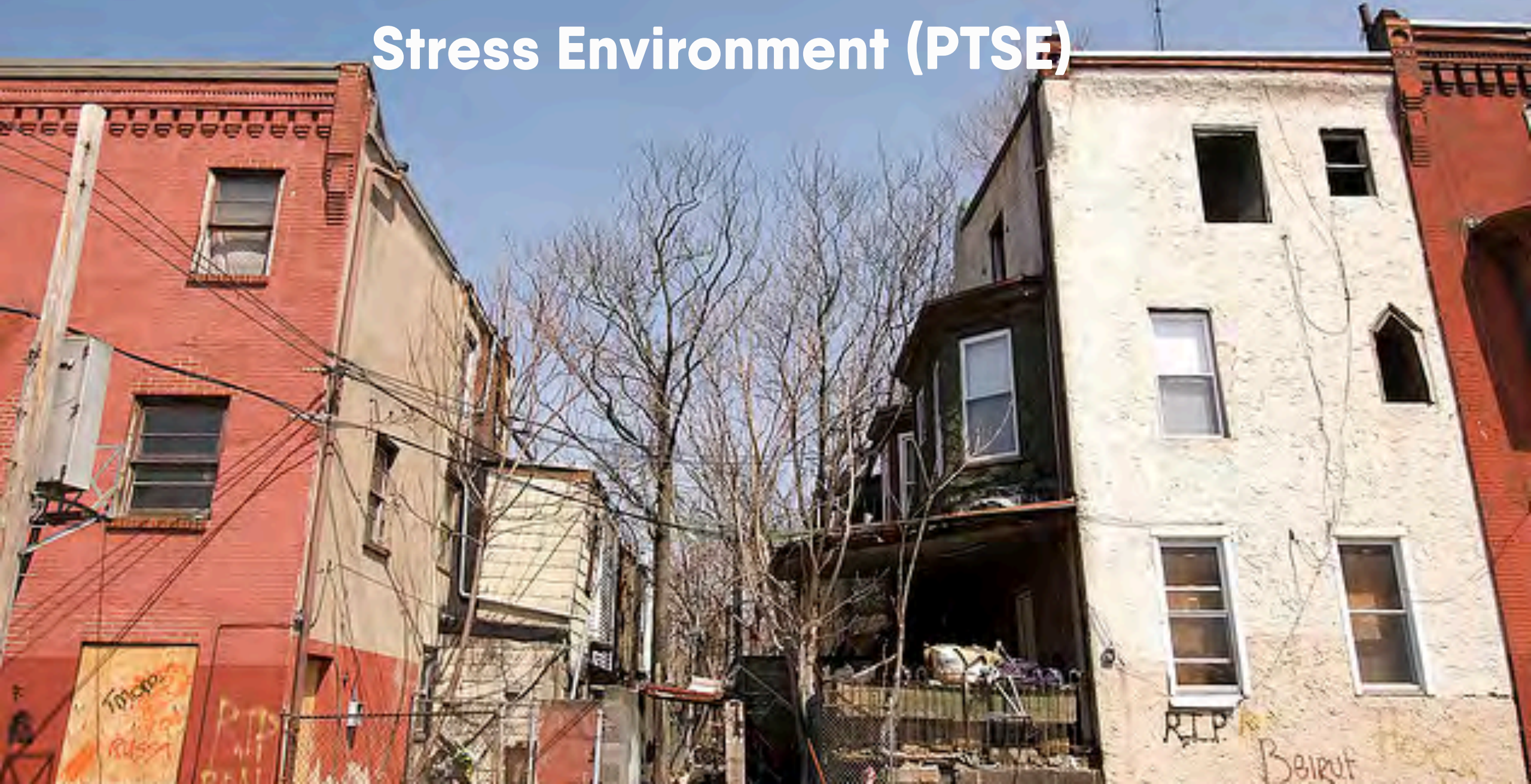
Social Determinants of Trauma



Understanding the context of trauma




Persistent Traumatic Stress Environment (PTSE)



Social toxicity



Garbarino, J. (1995). *Raising Children in a Socially Toxic Environment*. San Francisco, CA: Jossey-Bass.



A Model To Understand Social Toxicity

heterosexism

white supremacy

ableism

classism

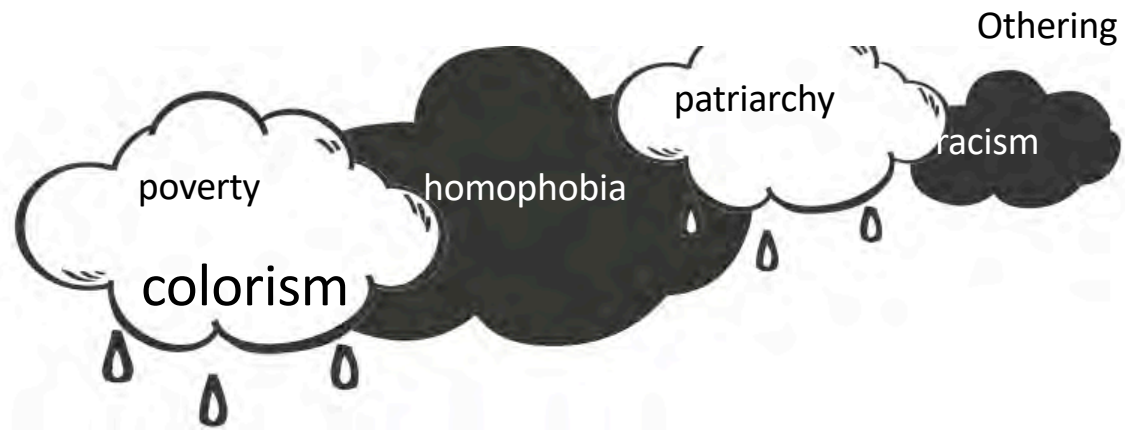
patriarchy

othering

poverty

colorism

linguicism



Let's Chat!

**Healing Centered
Engagement
builds upon trauma
informed care**





What is Healing Centered Engagement?

*Healing centered engagement is a process that align institutions with a **perspective, approach and strategy** that addresses harm and restores well-being. It supports systems with shifting from a culture of harm, discipline, punishment and confinement to restoration, hope, and healing.*




"Healing Centered Engagement is a non-clinical, strength-based approach that advances a holistic view of healing and re-centers culture and identity as a central feature in well-being."


A photograph of a large crowd of people, likely at a protest or rally, with many individuals raising their fists in a gesture of solidarity. The image is heavily filtered with a warm, reddish-orange hue, creating a sense of passion and collective action. The background is blurred, focusing attention on the raised fists in the foreground.

Acknowledges how trauma is
experienced **collectively** not just
individually

Considers how the root causes of trauma exist in the **environment**, not only the **individual**

A young man with curly hair is shown from the chest up, looking down and slightly to his left. He is wearing a dark-colored t-shirt. The entire image is overlaid with a semi-transparent teal color. On the right side of the image, there is white text that reads "Focuses on", followed by the word "restoration" in orange, then "and healing rather than", followed by the word "coping" in orange, and finally "with symptoms" in white.

Focuses on
restoration and
healing rather
than **coping**
with symptoms

A photograph of a young woman with a joyful expression, wearing a white headscarf with red and green floral patterns and a dark, textured sweater. The image is overlaid with a semi-transparent green filter. On the right side, a quote is written in white text.

Healing centered
engagement is asset
driven and focuses
on the well-being we
want to foster, rather
than symptoms we
want to suppress.



Healing centered
engagement
**supports adult
providers** with their
own healing.

How do we it?

INDIVIDUAL

INTERPERSONAL

INSTITUTIONAL



Healing Centered Principles



CARMA

Principles for a Healing Centered Approach

01
Culture

02
Agency

03
Relationships

04
Meaning

05
Aspirations



Culture

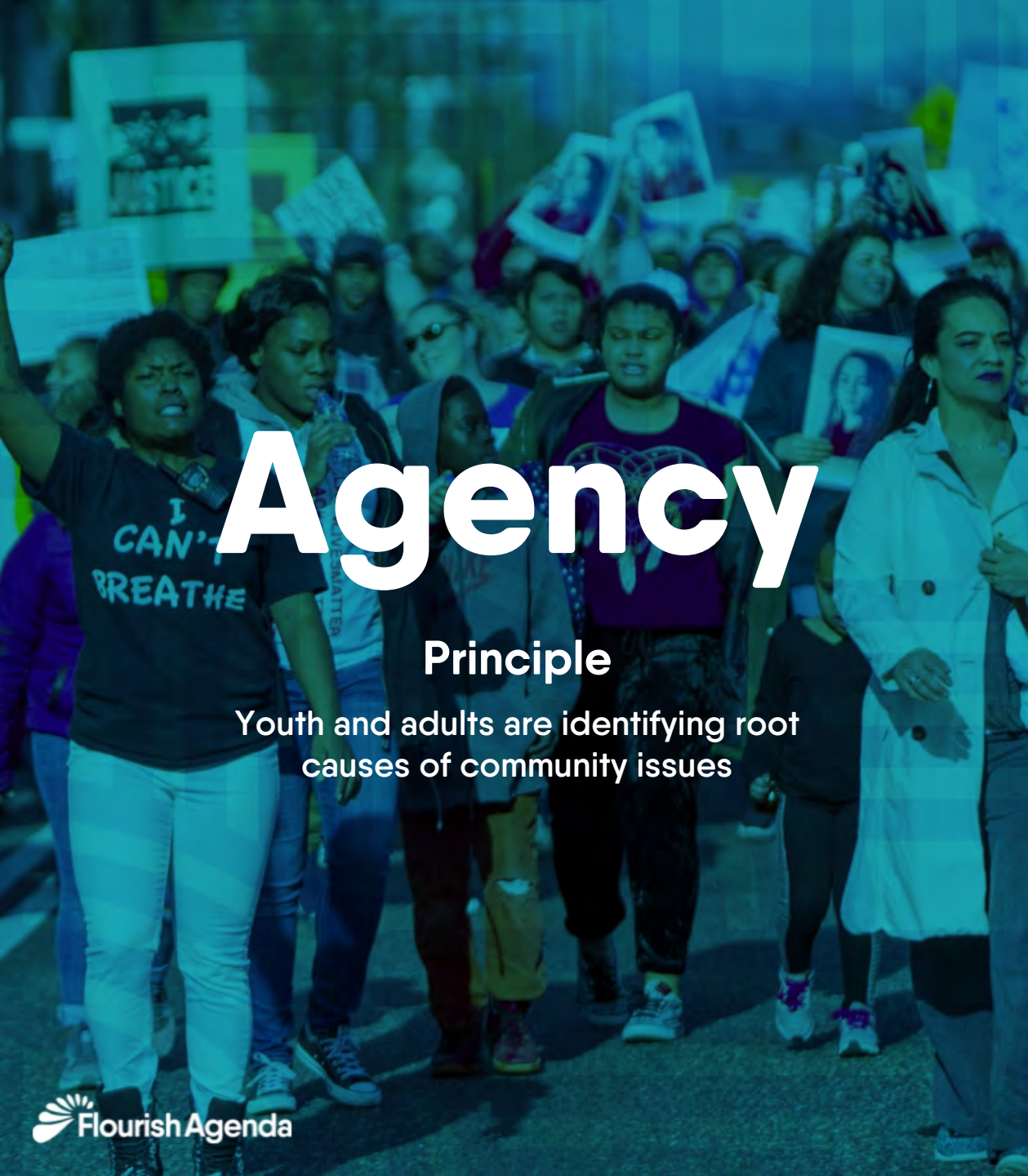
Principle

Youth and adults are engaged in learning discovering their respective identities

Developing an awareness of one's own and others racial and other social identities.

Effective Practice

- Actively engage with youth in conversations about identity.
- Share experiences with youth about harm and healing from aspects of your identity.
- Identify and integrate culturally appropriate procedures, and processes.



Agency

Principle

Youth and adults are identifying root causes of community issues

The individual and collective ability to act, create, and change the root causes of personal, social, and community challenges

Effective Practice

- Actively engage with youth in ongoing political education.
- Provide opportunities for civic engagement.
- Engage youth strengths-based approach to community problem solving.



Relationships

Principle

Youth and adults are identifying root causes of community issues

The capacity to create, sustain and grow healthy connections with others

Effective Practice

- Cultivate connections with young people beyond the professional title
- Share your story
- Practice empathy
- Recognize the value of inclusivity and belonging in your institution
- Foster a culture of connectedness



Meaning

Principle

Youth and adults are learning to cultivate positive meaning making about themselves

The profound discovery of who we are, where we are going, and what purpose we were born to serve

Effective Practice

- Create opportunities for young people to identify their own assets.
- Explicitly communicate their assets into projects, and group interactions.
- Actively seek and incorporate young people's perspectives about social issues.
- Build systems of support for adult social emotional growth and well-being.



Aspirations

Principle

Young people are creating a positive vision of their future

The exploration of possibilities for our lives and the process of accomplishing goals for personal and collective well-being

Effective Practice

- Regularly engage young people in positive discussions about their future.
- Create opportunities for dreaming and imagination building.
- Build opportunities for goals setting.
- Embed opportunities that reinforce asset-driven language

Examples

The background of the slide is a solid red color. On the right side, there is a decorative pattern consisting of concentric, overlapping geometric shapes in a lighter shade of red. These shapes include zig-zags, chevrons, and circular arcs, creating a complex, layered visual effect.







What to do next?

6 Steps for Healing Centered Engagement



Healing Centered Engagement Certification

We have trained hundreds of teachers, administrators and youth development professionals in the principles of Healing centered engagement, and how to integrate these principles and practices into work with young people.

[Join us and enroll now!](#)

Additional Information

- ✓ 7 online and self-paced modules focused on strategies to help transform your communities
- ✓ Can be completed in 20 to 25 hours
- ✓ Option of receiving 3 Continuing Education Units from San Francisco State University



Individual



Inquire About A Cohort

