

## Objectives:

- Understanding the Healing Continuum: Gain insights into the progression from being trauma-informed to becoming trauma-responsive, and ultimately centering healing in our lives and communities (Ginwright, 2018).
- Healing as an Ever-Present Reality: Recognize and embrace the concept that healing is always available in every aspect of our lives, from conversations to formal gatherings and conferences (Christina Love 2015).
- Empowerment and Participation: Feel empowered, whole, inspired, and informed as you actively engage in your own healing journey and contribute to the healing of the community (Ginwright, 2018).
- Community Reflection: Acknowledge that each individual's journey toward safety, recovery, and healing is a reflection of the community's growth and development (Todahl et al., 2006).

## Citations:

- Ginwright, S. (2018). The Future of Healing: Shifting from Trauma-Informed Care to Healing-Centered Engagement. Medium. <https://medium.com/@ginwright/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>
- My Grandmothers Hands (2015)
- Todahl, J., Linville, D., Bustin, A., Wheeler, J., & Gau, J. (2006). Sexual assault support services and community systems: Understanding critical issues and needs in the community. *Journal of Interpersonal Violence*, 21(2), 247-268.