

## “Fostering Trauma”

**Brett M Judd**

**April 30, 2007**

**Attended: 43**

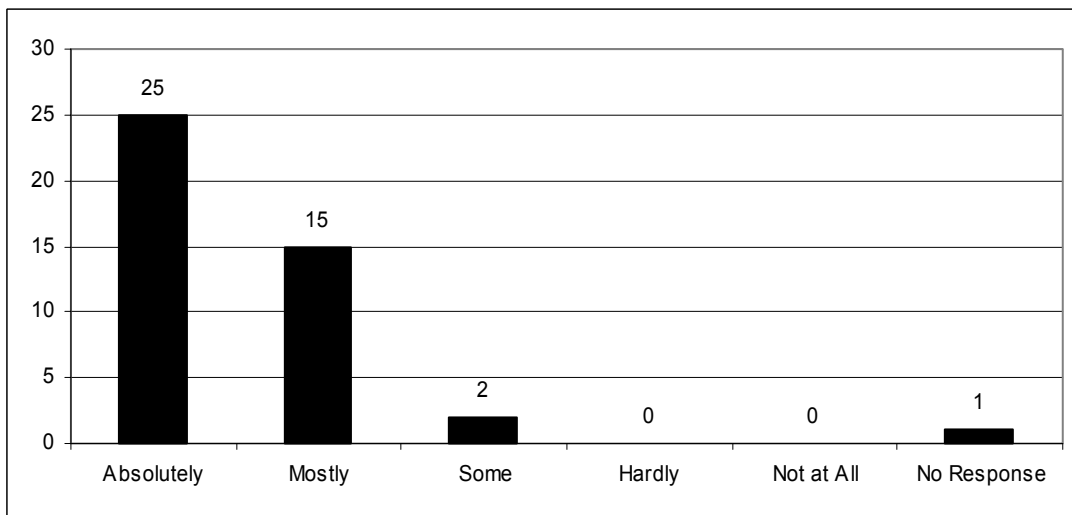
**Number of Evaluations: 43**

### **Summary of Individual Workshop Evaluations**

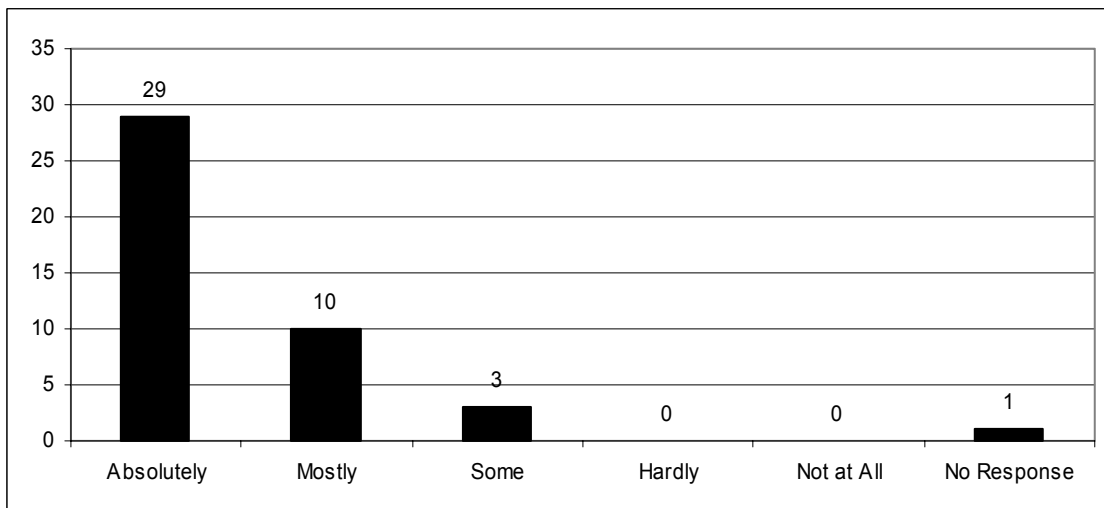
#### **Training Objectives:**

Participants will:

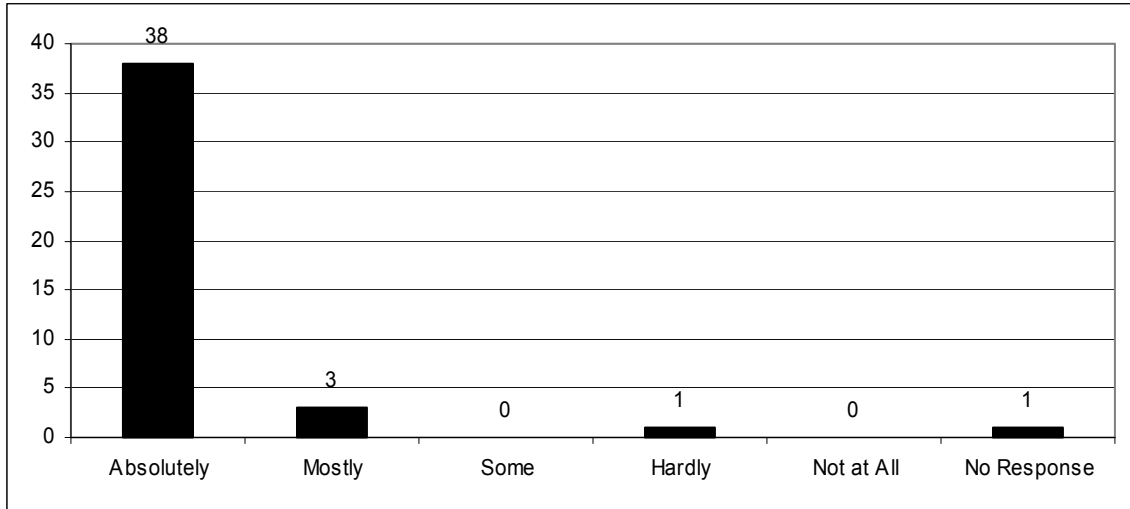
- 1. Develop an understanding of trauma and its impact on the development of behaviors.**



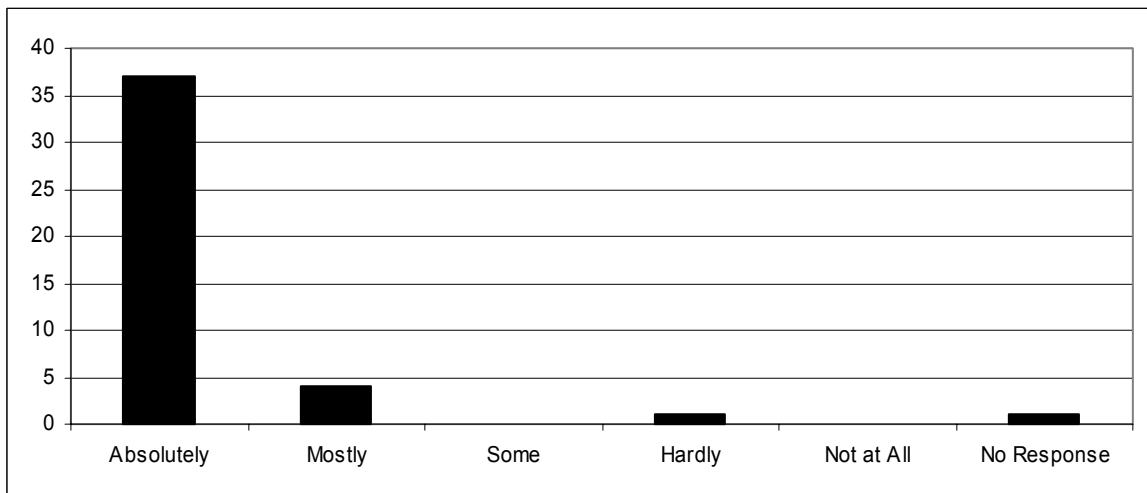
- 2. Develop an understanding of trauma memories (body memories.)**



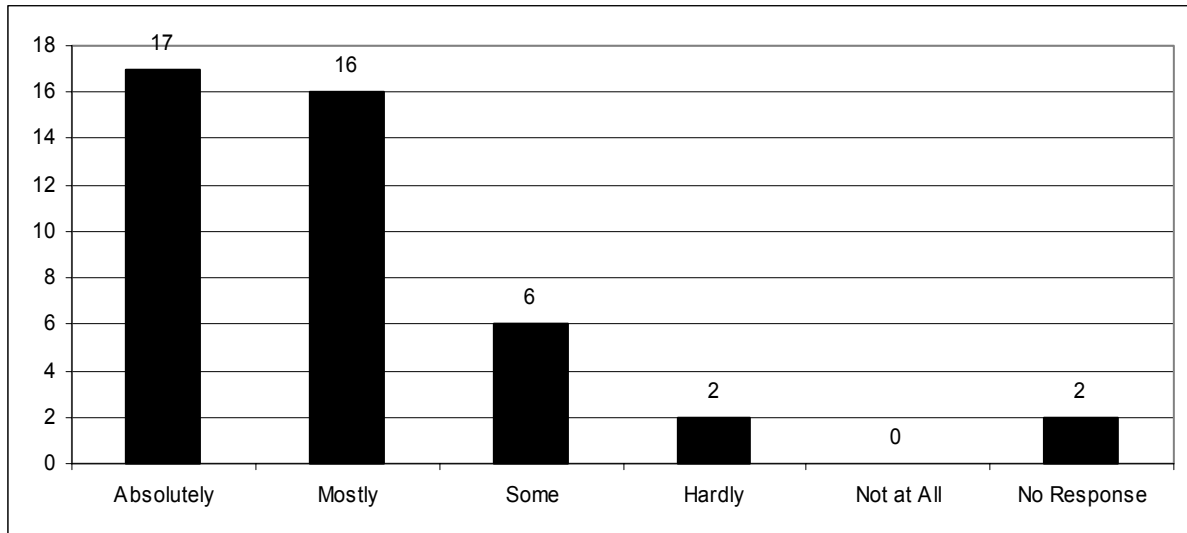
**3. Show the use of expressive therapy tools to overcome defense mechanisms with hands on exercises.**



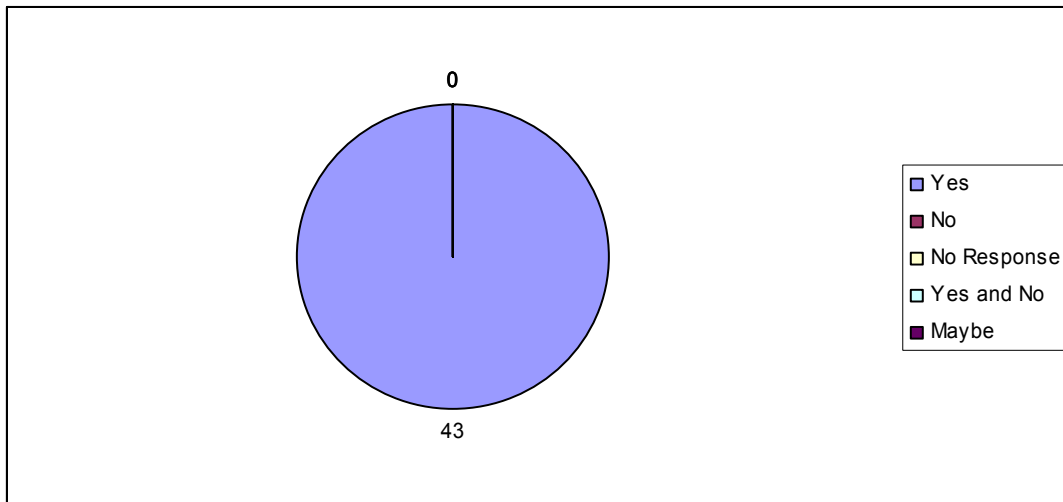
**4. Teach the use of “feel” over “think” language to help the child engage feelings over thought.**



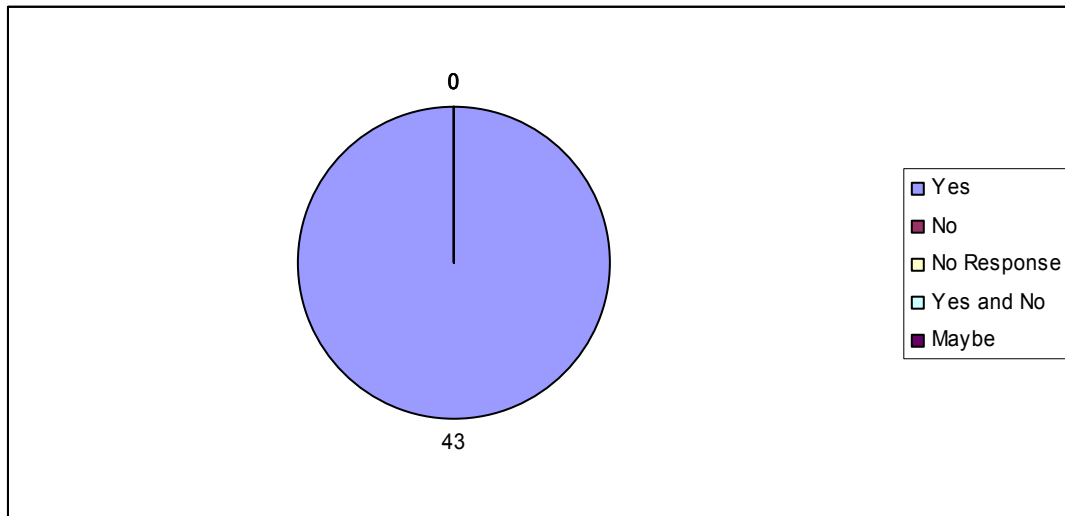
**5. Develop a deeper sense of hope in the ability of the child to overcome the effects of trauma in their life.**



**Would you recommend this training to others?**



**Has this training resulted in you wanting to know more about this topic?**



**What were the best aspects of today's training?**

- **Hands on activities**
- **Loved the interaction**
- **Actually doing the activities**
- **Thought provoking and on activities**
- **Hands on work**
- **The interaction – actually doing activities not just being told about the activities**
- **Great speaker, knowledgeable and kept attention – interactive**
- **Hands on approach**
- **New techniques to help children relax and express emotions**
- **Working with dough/ imagery**
- **How to communicate through art**
- **Helped me to understand better about trauma**
- **The visual and hands on**
- **How to help myself and family**
- **Collage and being able to practice it with my kids from foster care.**
- **How to work with children. How to be in touch with feelings**
- **Hands on learning experience (experienced 1<sup>st</sup> activities)**

- Life experience
- He knows, lives and feels what he teaches – great passion
- I am working with a child with difficulty expressing his emotions verbally
- Hands on
- Playing through art therapy instead of lecture
- Hands on examples were informational
- Hands on experiences
- The exercises
- Learning ways to help my children work through situations in their lives
- The interactiveness
- Learning how to utilize art to get in contact with feelings
- Interactive – hands on
- Trauma – defining it
- Hands on information was great
- I really liked the hands on training of how to use these things with kids!
- The hand-on learning use of basic art expression for healing
- Hands on
- Think and feel
- Hands on projects to help with trauma
- Real life aspects to relate to
- Understanding more about individual experience
- Interactive, useful tools to use now
- Therapy tools

**What is the one action you intend to take as a result of this training?**

- Use it at home
- Color your day. Withhold my interpretation
- Incorporated expressive art therapy at home
- Play dough activity
- All of the tools taught
- Collaging
- Use more with individual clients when exploring emotions
- Find some more books in order to use this in my work
- Using play dough
- Work more with imagery
- Collage
- My foster kids
- Use the collage – color from heart
- To help children identify emotions and anger
- Share with others / life books
- To be a better parent
- More art work for my son
- Use it with the children I work with
- Use it as part of the program for the child I am working with

- **Art as a sort of expression**
- **Ask questions to clients about feelings not thoughts**
- **Play dough and art expression**
- **Incorporate collage in therapy**
- **Use the exercises**
- **More interactive activities with my children**
- **Play dough**
- **Use of clay!**
- **Use some of examples**
- **Do this with my son and daughter**
- **Use this with my own children**
- **I'm going to stop talking so much and let them learn to feel again through these techniques**
- **Use these tools as expressive therapy**
- **Think about what I feel during a situation**
- **Use clay / play with kids**
- **Using non-verbal feeling exercise with kids**
- **Use these techniques with my foster children**
- **All of it**
- **Look into more training in this type of therapy**

**How could today's training have been improved?**

- **It's great, no suggestions**
- **More time & more info**
- **More time**
- **I thought it went great maybe more time**
- **Nothing – it was great**
- **It was great**
- **Longer**
- **Going into more detail**
- **Longer**
- **More time**
- **A little more time**
- **More time!**
- **Longer**
- **Timeliness. Did not cover all ideas in powerpoint.**
- **Scissors needed**
- **Get through everything**
- **Longer time allowed**
- **More time**
- **Less air conditioning**
- **More time to learn**
- **It was great**
- **Longer**

- **More time**
- **Long term trauma experiences**
- **Seminar next door was too loud and very distracting during guided imagery**
- **Instructor thought he had more time – rushed at the end**
- **Longer time**

**Other comments and/or suggestions?**

- **Thanks, Brett!**
- **Very good presentation**
- **Well done!**
- **Very good. Thanks.**
- **Good job**
- **Thank you – nice job**
- **More time!**
- **Overall training was very informative. Bought out a lot of ways to express ones self. Great idea for everyone.**
- **Full day training class to process the experiences.**
- **Loved it! Thanks.**
- **More time**
- **Great job!**
- **Great!**
- **Thank you. You have great knowledge of the topic.**