

Time, Trauma and Grief: The Invisible Collaborative Team Members on Every Case

9:00 to 9:10 Introduction & Overview

9:10 to 9:20 Fishbowl demonstration: Collaborative case with dichotomous experience of time
Didactic Discussion regarding time as a challenge and tool in our work

9:20 to 10:00 Didactic/interactive discussion re The Nature of Time and what we mean by Time

10:00-10:30 Introduction to Grief and Trauma:

Small Group discussion: Experience of grief/trauma and relationship to Time

Whole Group Debrief

10:30-12:00 Lessons from Grief and Trauma work

- **Grief**
 - **The Nature of Grief: Didactic/interactive whole group discussion**
 - **Connecting Grief to our Clients**
 - Small Group (or pairs) Exercise connecting grief to our work/clients.
- **Trauma**
 - **Trauma changes the brain and brain functioning:**
 - Didactic/interactive whole group discussion
 - Trauma meditation exercise
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 - **Connecting Trauma to our Clients**
 - Small Group (or pairs) Exercise

Noon – 1pm Lunch

1:00-1:45 pm Lessons from Grief and Trauma work (continue work from above)

1:45 – 2:55 pm Putting it all together

- How does Time pose a challenge to our clients and our work?
 - Small group exercise (practice looking at challenges through a lens of “Time”):
 - Large group debrief.
- How can we use Time as a helpful tool or an opportunity?
 - Using the same examples as above, explore how to use Time as a helpful tool.
 - Didactic/Interactive Discussion exploring *how* to use Time as a conflict resolution/healing technique

2:55-3:00 pm Wrap Up and close