What does being Trauma-Informed actually mean?
Origins offers interactive training and coaching sessions that teach skills in how to integrate this shift in perspective into your everyday personal and professional life.

We use simple language that translates how toxic stress affects health, including impacts on the body, brain, behaviors, and emotions.

We encourage cross-sector partnerships to support sustainable culture shift and accountability at all levels within an organization.

We focus on increasing individual awareness and building resilience to decrease compassion fatigue and other symptoms of toxic stress.
The science of adversity and resilience shifted the paradigm to explain how our experiences and environment affect our body, mind, and emotional well-being. Our training, The Basics, is a half-day session that covers the essential elements for translating the science of adversity and resilience into everyday application for organizations and communities.

The Adverse Childhood Experience Study
How did this study change the way we think about health and social outcomes?

The Body & Brain
How does adversity affect the body, behaviors, thoughts and emotions?

Social & Historical Trauma
How does adversity across generations affect families and communities?

Resilience
How does building resilience help heal the impact of adversity?

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The Basics
Essential Elements to Get Started
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