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**About the Training Institute  
Of  
The Trauma Center at JRI**

The Training Institute of the Trauma Center at Justice Resource Institute offers extensive local programming, including an academic-year Trauma Certificate Program for mental health providers, an annual conference, a monthly lecture series, and numerous advanced workshops and clinical consultation groups. In addition, senior staff members are available to provide local, regional and national training workshops on a wide range of specialized topics, including in-service training for school and community agency staff.

For more information about The Training Institute of The Trauma Center at JRI, contact Dr. Margaret Blaustein, Director of Training and Education, at [mblaustein@jri.org](mailto:mblaustein@jri.org).

**Continuing Education:**

The Justice Resource Institute (JRI) is approved by the American Psychological Association to sponsor continuing education credits for psychologists. We will also be applying for continuing education credits for this workshop for social workers and licensed mental health counselors. JRI maintains responsibility for this program and its contents.

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***Our Mission Statement***

The Trauma Center's mission is to help trauma survivors re-establish a sense of safety and predictability in the world, and to provide them with state-of-the-art therapeutic care during the process of reconstructing their lives.



The Trauma Center at JRI  
1269 Beacon Street  
Brookline, MA, 02446  
[www.traumacenter.org](http://www.traumacenter.org)

The Training Institute of the  
 **TRAUMA CENTER**  
At Justice Resource Institute

*presents*



**REFLECTIONS:**

**An Educational  
and Self-care  
Retreat for Providers**

*Led by*

***Joseph Spinazzola, Ph.D.  
Elizabeth Hopper, Ph.D.  
Dana Moore, MAR, MA  
Ilya Yacevich, LAMFT***

**In the Berkshires  
Lenox, Massachusetts  
Wednesday, Sept. 30, 7pm  
through  
Friday, October 2, 3pm**





### About the Resort

Eastover Resort is located in the heart of the Berkshire Hills of Western Massachusetts.

This casual Resort and Conference Center, with breathtaking views of Mount Greylock and October Mountain, spans over 1,000 wooded acres of natural beauty in the Berkshires. Eastover is an all-inclusive resort, with all food, lodging, and activities included in one price. Eastover offers a wide array of sports including, but not limited to, tennis, softball, volleyball, basketball, archery, skeet shooting, street hockey, miniature golf, a golf driving range and putting green, mountain bike trail, cross-country skiing, shuffleboard and indoor/outdoor pools, exercise room and sauna.

### Workshop Information

- Location: Eastover Resort, Lenox, MA
- Dates: Sept. 30-Oct. 2
- 7 pm Wed evening– 3pm Friday afternoon
- Workshop rates:

Regular Rate	Early Bird	Student/ Group	Student/ Group + Early Bird
\$330	\$295	\$297	\$265.50

All Meals, Lodging, & Activities: \$140/day  
(Lunch Only & Lunch/Dinner Only options are also available, at reduced rates)

- Early Bird Registration available—> Sept. 1
- We will be applying to provide continuing education credits for this workshop.

### About the Presenters

This two and a half day workshop will be led by Joseph Spinazzola, Ph.D.; Elizabeth Hopper, Ph.D.; Dana Moore, MAR, MA; and Ilya Yacevich, LAMFT. Please visit our website for additional information on the presenters' backgrounds and experience.

# REFLECTIONS: An Educational and Self-Care Retreat for Providers

Clinical work with those who have experienced overwhelming stress carries the potential for great rewards, but also leads inevitably to an impact on our own experience of ourselves and the world. In this workshop, we will build an understanding of the ways this work transforms our own experience; explore the factors which lead to vicarious trauma as well as compassion satisfaction; and develop, through the use of experiential exercises and skill-building, strategies to care for the caregiver. We will discuss:

- Providers as individuals: The other person in the room.
- Why do we feel this way? Processes by which the professional's inner experience is transformed
- What is vicarious trauma? How do we recognize it?
- Why do we do this work? Building an understanding of what keeps us motivated and fulfilled.
- Building self-care: prevention and intervention: body-based strategies, self-nurturing activities, playfulness, self-expression, connection

Designed to encompass both learning and renewal, this retreat experience will go beyond didactics to immerse the participant in mindfulness, self-reflection, experiential learning, self-expression, and joy.



### Location

The Reflections workshop and retreat will be held at the Eastover Resort and Conference Center, located in Lenox, MA. For more information, please visit their website at [www.eastover.com](http://www.eastover.com).

### Registration and Policies

You may register for this workshop online at [www.traumacenter.org](http://www.traumacenter.org), under the Training Institute, and may pay through PayPal. To register by mail, please send the following information (or equivalent), along with a check, payable to "The Trauma Center at JRI", for the full fee. Please also include the resort fee for food and lodging. Registration will be confirmed when payment is received. Space is limited, and registration will be on a first come, first served basis. We will hold a space for three (3) business days, pending receipt of your payment, if you indicate your interest via e-mail by contacting [kfitzgerald@jri.org](mailto:kfitzgerald@jri.org).

Name: \_\_\_\_\_

Degree: \_\_\_\_\_

License #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home/Other Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### I am registering for the Reflections workshop and retreat in Lenox, Massachusetts.

Please submit to:  
The Trauma Center at JRI  
Attention: Elizabeth Hopper, Ph.D.  
1269 Beacon Street  
Brookline, MA, 02446  
Phone: (617) 232 – 1303 x211  
Fax: (617) 232-1280

For more information,  
visit our website at:  
[www.traumacenter.org](http://www.traumacenter.org)

