

## HEALING THE HEALERS: A HOPEFUL APPROACH TO COMMUNITY WELLNESS

Keynotes, talks, and healing circles by Dr. Jaiya John, author of the book:

### *YOUR CARING HEART:*

#### *RENEWAL FOR HELPING PROFESSIONALS AND SYSTEMS*

**TARGET AUDIENCE.** Professional staff, leadership, caregivers, and advocates in child welfare, social services, human services, education, mental health, juvenile justice, social justice, Indigenous communities, and community stakeholder circles.

**CONTENT.** Participants will address and build capacity in areas that include: **Vicarious Trauma, Compassion Fatigue, Burnout, Holistic Wellbeing, Self Care, and Mutual Care.** Also: **1)** Increasing one's capacity to compassionately honor family, youth, and child (**hereafter: FYC**) trauma. **2)** Learning to identify and heal one's own trauma. **3)** Contending with chronic stressors such as low pay, high caseloads, limited resources, high colleague turnover, job insecurity, leadership fluctuation, and policy and culture changes. **4)** System renewal. **5)** Compassionate Leadership, and creating and managing system change. **6)** Learning to work as your truest, most capable self. **7)** Rediscovering your purpose in this work. **8)** How purpose relates to job efficacy. **9)** The benefits of relating to your FYC as your teacher. **10)** Learning to create safe spaces in your work—for you and your colleagues and FYC. **11)** Finding your most powerful voice of service. **12)** The role of creativity in optimal individual and system service provision.

**METHOD.** Old school, heart-to-heart, truth-telling, peer teaching, group discussion. No PowerPoint, graphics, statistical morass, rhetoric, jargon, faddish concepts, secret formulas, or magical models. Circular seating arrangement when possible. Dr. John facilitates and guides the group through priority areas, nurturing personal breakthroughs, revelations, and new understanding in a sensitive, honoring manner. Focusing on Truth and Reconciliation, and constructive perspective-taking, the process creates a safe space, encouraging self-reflection and collective assessment of individual and system norms and opportunities.

**SCHEDULING.** Keynotes, talks, and sessions can be scheduled one-time, monthly, bi-monthly, or quarterly, depending on your needs. Sessions are generally from 9:00 am to 12:00 pm. This can be flexible.

**SOLE SOURCE VALUE.** Many conferences, symposia, seminars, and trainings focus on the modes of self-care. Dr. John's seminar addresses **the root-level dynamics that affect professional wellbeing:** Why aren't I motivated sufficiently to make necessary personal changes? How can I find this motivation? How does my own life trauma affect my capacity to receive, honor, and serve the trauma of my FYC? How do my self-care and internal states relate to my capacity to serve FYC? How does self-care relate to my role within my organization? How can I, and my organization, become more compassionate, supportive, and effective in serving families, youth, and communities?

**BENEFICIAL OUTCOMES.** **1)** Personal and professional empowerment and renewal. **2)** Discover the power of your own voice to support, guide, lead, and uplift others, and to effect change. **3)** Discover the power of your compassionate listening to support healing and wellbeing in FYC. **4)** Personal healing. The acts of storytelling, testimony, and group sharing are proven healing factors. **5)** Self-discovery leads to clarified positive identity. This leads to consistent, self-honoring choices and perspectives in relation to work mission and role. **6)** Life vision. Having a clear direction and sense of purpose creates constructive meaning in your daily reality, and translates that meaning into movement down a fulfilling path. **7)** Teambuilding. Experience a unique dynamic that touches mind, heart, and spirit. This experiential process creates powerful group cohesiveness, familiarity, bonding, and social trust. **8)** Chronic stress reduction and optimizing of giftedness to serve. **9)** Generational healing.

**QUALIFICATIONS.** Dr. Jaiya John was born into foster care, and has served organizations, agencies, and initiatives globally for many years. He is an internationally recognized speaker, healer, consultant, author, and youth mentor. He is a former professor of social psychology at Howard University, and has authored numerous books on the human experience. Jaiya has spoken to over half a million people worldwide. He holds a Ph.D. and a Master's Degree in social psychology from the University of California, Santa Cruz (1994), with a focus on intergroup relations and identity development. He holds a Bachelor's Degree from Lewis & Clark College in Portland, Oregon (1989), and studied Tibetan Holistic Medicine through independent research with Tibetan doctors in Nepal in 1988. **View a list of Dr. John's clients at SOULWATER.ORG. For service fee and other details, please email us at SPEAKING@SOULWATER.ORG**