



MALESURVIVOR WORKSHOP ANNOUNCEMENT

Embracing Self When Trauma Presents: How to Navigate in Troubled Waters

Join us on December 6, 2017, from 1 pm – 4 pm, at the [East Harlem Neighborhood Health Action Center](#) for a workshop for men of color who have experienced trauma (sexual abuse, family & community violence, bullying, or intimate partner violence).

Therapy can serve a vital function in assisting men in healing from sexual assault, violence and abuse. This event is valuable to men who have never had a therapeutic experience but are eager to process their trauma. We invite you to participate in this special opportunity to "test the waters." With open discussions and exercises framed in a therapeutic group environment, you can determine how you choose to move forward in your healing and who best can facilitate your achieving "best of self."

Event schedule:

- 1:00-1:30 Opening guided meditation/Introduction exercise/Check in
- 1:30-2:15 Trauma's many faces/Video clips/Small group exercise
- 2:15-3:00 What's in the body? How our body keeps the score of trauma/movement exercise
- 3:00-3:45 Mindfulness tools/Introduction of EFT(emotional freedom technique)
- 3:45-4:00 Closing thoughts/Evaluation/Check out

This workshop is also appropriate for service providers who work with this population. The workshop fee is \$50.00 for survivors and \$75.00 for service providers. **Space is limited for this event. Please register using the following link:**

<https://www.regonline.com/registration/Checkin.aspx?EventID=2077046>



This event is being conducted by [MaleSurvivor](#) and hosted by the East Harlem Neighborhood Health Action Center. The workshop will be led by Rommell Washington, LCSW, ACSW. Mr. Rommell Washington is a clinician at the Crime Victim's Treatment Center in NY. He is an active member of ABSW; NASW; New York State Men as Allies Coalition; New York State Crime Victims Academy (Instructor); National Acupuncture Detox Association Board of Directors; and the Cures not Wars/Harm Reduction Working Group. He is a former member of Male Survivor's Board of Directors, and an active participant with the South-South Institute on the Victimization of Men and Boys, based in Cambodia.

If you have questions about this event, or if you need help registering, please contact Trisha Massa, MaleSurvivor Community Outreach Director, at tmassa@malesurvivor.org.