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**Spring 2019 Free 1-Hour Webinars on Transformational Resilience for Climate Change Generated Traumas and Toxic Stresses**

**Introduction to Transformational Resilience for Climate Change**

Tuesday April 2 from 12 noon--1 pm Pacific Time

[To register for this webinar click here](https://docs.google.com/forms/d/1aCjbyIt_D1rqfg4d_ogaRutcjKklOVl7f0BgzEiB_RA/edit)

A major ecological--turned mental health--turned social--turned humanitarian crisis is underway that has yet to be fully acknowledged or addressed: the harmful impacts of climate change on personal mental health and psycho-social-spiritual well-being. Left unaddressed, this crisis will trigger fear-based reactions that cause increasing numbers of people to harm themselves, others, and/or the natural environment. Not only will this undermine the health, safety, and wellbeing of people worldwide--it also threatens to delay or completely halt efforts to cut emissions and reduce the climate crisis to manageable levels. Research and experience, on the other hand, shows that good human--or transformational--resilience skills, tools, and policies can prevent these harmful reactions and spur shifts in thinking and behaviors that increase personal, social, and ecological wellbeing.

In specific, this one-hour introductory webinar will:

* Explain how a warming planet affects both personal mental health and psycho-social-spiritual wellbeing.
* Describe the basic principles and methods involved with building personal and psycho-social-spiritual--or Transformational--resilience.
* Illustrate how professionals in the mental health, social services, education, disaster response, climate change, faith, and other fields can prepare people for these impacts by building capacity for Transformational Resilience.
* Clarify how the expanded awareness of self and context that often results from enhanced resilience skills motivates people to assist others in order to help themselves, and to greater engagement in efforts to address the climate crisis.

**The Resilient Growth ModelTM for Building Transformational Resilience for Climate Traumas and Toxic Stresses**

Tuesday, April 9, from 12 noon--1 pm Pacific Time

[To register for this webinar click here](https://docs.google.com/forms/d/1-6P9vKH2aRjT2rUbfjNuC-F8IlG00uJwbqpJJ7qjZvg/edit)

The ability of an individual, organization, or community to successfully cope with and use climate change-enhanced adversities as transformational catalysts to learn, grow, and increase wellbeing is determined by many factors. Some of the most important are the knowledge people have about how trauma and toxic stress can affect their mind and body, their personal resilience skills, the strength of their social support networks, and capacity to clarify their purpose and make wise and skillful choices in the midst of ongoing adversity. This webinar will describe how to build these capacities using the Resilient GrowthTM model developed by ITRC Coordinator Bob Doppelt and described in his book *Transformational Resilience: How Building Human Resilience for Climate Disruption Can Safeguard Society and Increase Wellbeing* (Greenleaf Publishing 2016).

In specific, this one-hour webinar will describe:

* The importance of, methods for, and many benefits of building "Presencing"--or self-regulation--skills to regulate and calm the nervous system when distressed.
* The importance of, methods for, and many benefits of building "Purposing"--or adversity-based growth-- skills to use climate adversities to find new sources of meaning, direction, and hope in life in ways that increase wellbeing.
* The basic principles involved with applying these skills at the personal, organization, and community levels.

**Building a Culture of Transformational Resilience Within Public, Non-Profit, and Private Organizations for Climate Traumas and Toxic Stresses**

Tuesday, April 16 from 12 noon--1 pm Pacific Time

[To register for this webinar click here](https://docs.google.com/forms/d/1JzIxrCp9HDtVjogfn-lQqQdi51CSynmHJjktHf_aRZQ/edit)

The ability of any individual to successful cope with and use climate change adversities as transformational catalysts to learn, grow, and increase wellbeing is significantly influenced by their social environment. The organizations people work for or associate with are some of the most important social determinants of human resilience. Like individuals, without good knowledge, skills, principles, and policies, organizations of all types can become “trauma-organized” by climate-enhanced shocks and toxic stresses. This means they adopt explicit and implicit mechanisms intended to protect themselves from threats, but which instead further traumatize and diminish the safety, health, and wellbeing of employees, clients, and stakeholders. Becoming a trauma-informed human resilience-enhancing organization is the key to preventing and resolving these issues. This webinar will describe different methods to help organizations transition to human resilience-building social systems.

In specific, the webinar will describe:

* The many ways in which public, private, and non-profit organizations as well as volunteer and civic groups can become traumatized by climate change-enhanced adversities.
* How organizations and groups can spot symptoms of becoming trauma-organized.
* How the adoption of specific principles and methods can help organizations and groups transition to human resilience-enhancing social systems.

**Building a Culture of Transformational Resilience Within Communities for Climate Traumas and Toxic Stresses**

Tuesday, April 23 from 12 noon--1 pm Pacific Time

[To register for this webinar click here](https://docs.google.com/forms/d/1OOyUtxXrgKj2ZkahMGtgtHcydWjJNiAE4bWO3alugJY/edit)

The towns and cities where people live, work, and recreate heavily influence their capacity to cope with and use climate change-enhanced adversities as transformational catalysts to learn, grow, and increase wellbeing. When climate-enhanced shocks severely strain or fracture social support networks, overwhelm vital public support systems, or breakdown other critical protective factors, individuals and groups can be pushed to a boiling point causing entire neighborhoods and communities to become “trauma-organized.” This means they retreat into a self-protective survival mode that, rather than providing trust, safety, and cohesion, further traumatizes them, others, and even the natural environment, while amplifying social and racial injustices. When this happens the ability to identify and implement positive solutions and enhance wellbeing are greatly diminished. This webinar will describe different approaches used in towns and cities to proactively transitioned from trauma-organized to trauma-informed communities focused on building widespread capacity for Transformational Resilience.

In specific, the webinar will:

* The many ways in which neighborhoods and entire towns and cities can become traumatized and stressed by climate change-enhanced adversities.
* How communities can spot symptoms of becoming trauma-organized.
* How the adoption of Transformational Resilience principles, processes, and policies can help communities transition to human resilience-enhancing social systems.