



Fostering Healing and Connection in Schools

# Trauma-Healing Practices 1-Day Training

*Join us for an exciting day of experiential learning, healing and creative play!*



Nikita Gupta, MPH

## 3-Hour Morning Session

- Learn fundamentals of a **trauma-informed framework**.
- Understand how trauma is experienced in the body and practice **somatic skills** to **prevent burnout** as we care for others.
- Discover ways to integrate **simple tools** in the classroom to promote social and emotional learning.



## 3-Hour Afternoon Session

- Learn to understand and apply **trauma-informed art** in early childhood classrooms
- Discover how to provide **positive solutions** for challenging classroom behaviors.
- Engage in therapeutic art experiences designed to **renew your passion** for life.



Anna Reyner, LMFT



Training offered virtually or in-person. Email us to inquire further and schedule a Training with your team for Spring 2024:

[nikita@nikitagupta.com](mailto:nikita@nikitagupta.com) / [art@annareyner.com](mailto:art@annareyner.com)

# About the Presenters:



**Nikita Gupta, MPH**



## **Some previous clients:**

- LA Unified School District
- First Star Guardian Scholars
- Long Beach City College
- Connections for Children
- Victor Valley College
- Imperial Valley College
- JBAY Advocates for Youth
- Norco Puente Program
- Riverside Community Health Foundation

Nikita Gupta, MPH is a passionate educator, leader and facilitator who collaborates with School and Campus communities to bring practices of healing, restoration and social-emotional learning to educators, communities and families. For over 25 years, she has worked with helping professionals in high-trauma spaces, including Teachers, Case Managers, Counselors, Administrators and Parents/Caregivers to enhance our ability to care for ourselves and each other. Nikita has developed Toolkits, courses, and trainings that offer accessible practices for healing. Through mindfulness, somatics and neurobiology, her mission is to foster a culture of resilience as we bravely move through the unknown, while finding joy in each day. Learn more about her work: [www.linktr.ee/ngupta](http://www.linktr.ee/ngupta)



**Anna Reyner, LMFT**



## **Some previous clients:**

- US Dept of Education
- NAEYC Conferences
- EveryChild California
- Region 9 Head Start Assn.
- Boost Collaborative
- Connections for Children
- LA Unified School District
- Stanford University Med Ctr
- CA School-Age Consortium

Anna Reyner, MA, ATR, LMFT, is an award-winning author and National Trainer. She is a Registered Art Therapist, Licensed Marriage & Family Therapist, and Certified Family Trainer for the National Alliance on Mental Illness. Anna has delivered more than 1,000 trainings at state, national and international conferences in her 40 years as a therapist, educator and teacher trainer. Her professional training business, CreativePlayLA, merges the principles of art therapy into early childhood education and specializes in trauma-informed care. Her next book, "Trauma-informed Art Activities for Early Childhood" is due for release in early 2024. Learn more about her work: [www.CreativePlayLA.com](http://www.CreativePlayLA.com)

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# Testimonials



Nikita Gupta, MPH

*"Best session for healing I have experienced that really helps our morale and inner self. Thank you."*

*"I appreciate all of the information and resources that was given to us. I learned so much, and I am excited to try this in my daily life."*

*"Thank you so much for your resilience workshop today! Your pacing, voice and calm presence were so powerful. I am so very grateful. I have been facilitating/attending wellness workshops for many, many years and I believe this was one of the best I have ever experienced!"*

***"Thanks to Anna and Nikita, we were able to host an unforgettable day of renewal and learning for our community."***

*Connections for Children / Amanda Hsu, Resource & Referral Manager*

*"Anna and Nikita are experts in the trauma-informed care (TIC) community who helped us bring our vision for our TIC Provider Conference to life! Nikita presented foundational knowledge on the TIC framework in a relatable way and led our participants through a series of practical mindfulness strategies to embed in their daily routines. Anna engaged our child care providers in hands-on activities that encouraged participants to reconnect with their creative side and to incorporate enriching, TIC art experiences in their classrooms."*

**MAGICAL EXPERIENCE.** *"I don't know how she does it, but whenever I attend Anna's workshops my stress fades away. Her art experiences are magical."* Dionne Bennet / Supervisor, Crystal Stairs HS

**UNPARALLELED INSTRUCTION** *"Anna's ability to hold a safe space while providing instruction and inspiring creativity is unparalleled."* Olivia Piacenza, Non-Profit Program Director

**ONE OF THE BEST!** *"One of the best speakers we've ever hired. Anna will inspire your team."* Blayne Adams, M.Ed / EasterSeals SoCal

**INCREDIBLE OPPORTUNITY TO LEARN AND GROW.** *"Anna's knowledge and passion create incredible opportunities for people to learn and grow."*

*Mary Lou Johnson, Retired Owner - Happy Hall Preschool*

**PERFECT TIMING.** *"I can't think of a better time to have access to the knowledge Anna is providing to all of us in our field."* Hanadi Rousan, MSOL / VDA, Inc.



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