On-Site Programs

**Secondary Trauma: Awareness, Resilience & Support (STARS)**
Is your agency or program looking to start a secondary trauma group? Suzi Rutti, LISW-S is available for consultation to support your program in starting a self-sustaining secondary trauma support group. Suzi will attend 1-3 sessions on-site to educate you and your colleagues about secondary trauma, and to help set up a group format that you and your colleagues will be able to self-facilitate. ($300/session)

**Wellness Workshops ($300 per 1.5 hour workshop)**

*Integrating Mindfulness into Daily Functioning*
- Benefits of mindfulness
- Mindful meditation exercises
- Identification of personal goals
- Simple strategies for daily practice

*Making Self-Care a Priority*
- Completion of self-care inventories
- Identification of goals and challenges
- Strategies to nurture your needs

*Secondary Trauma Awareness*
- Impact of secondary trauma
- Completion of ST inventory
- Strategies for improving resilience and communication of needs

**Coming soon: Urban Zen Integrative Therapy (UZIT) Workshop**
- UZIT was inspired by Donna Karan and created by yogis Rodney Yee and Colleen Saidman Yee to increase support and care for hospital patients and families as well as the staff that care for them. UZIT is based on the PANIC symptoms (pain, anxiety, nausea, insomnia, constipation, and exhaustion). Modalities including gentle movement, aromatherapy, restorative yoga poses, breath awareness, body meditation, and Reiki to care for the symptoms that we face as providers.
- One-time sessions and group series workshops available on-site (contact for rates)
- For more info: http://uzit.urbanzen.org

**Professional Trainings (Contact for rates)**

*Impact of Trauma on Children*
*Navigating Relationships in the Aftermath of Trauma*
*Sexual Violence on Campus*
*Trauma-Informed Care*
*Children and Trauma: Implications for Schools*
*Supporting Survivors of Trauma through Systems*
*Understanding Self-Harm*

**EMDR Group Consultation**
Maximum of 8 participants for EMDR Certification
Maximum of 4 participants for EMDR Approved Consultant
Session will be divided by number of participants for individual consultation
Remaining time will be allotted to group consultation
Available per session or 3-6 month commitments
Base rate of $150/session plus $50/hr for each additional participant present