

TRAUMA HEALING AND RESILIENCE PROGRAMS:

TRICITY MENTAL HEALTH COMMUNITY CONNECTION SPACES



zabieyamasaki.com



tricitymhs.org

OVERVIEW OF COMMUNITY CONNECTION SPACES

Visit bit.ly/tc-community-connections to register

GROUNDING PRACTICE FOR FINDING EASE IN UNCERTAINTY

MARCH 24, 2021
3PM - 4PM

This is a grounding, trauma-informed yoga practice to support participants with finding ease amidst so much collective trauma, stress, overwhelm, and uncertainty. Participants will be provided with supportive tools to find moments of calm in the chaos. Participants are invited to connect in community, channel quiet awareness and presence, find stability and safety in the body, and cultivate resilience.

We acknowledge the difficulty of this time in particular for our Black community members. In this session, participants are invited into a supportive community to experience trauma-informed yoga and culturally affirming practices for resilience, mindfulness, self and community care, and well-being.

MEDITATION AND MOVEMENT FOR RACIAL TRAUMA

APRIL 28, 2021
3PM - 4PM

TRAUMA-INFORMED YOGA FOR SELF- COMPASSION

MAY 26, 2021
3PM - 4PM

This gentle, trauma-informed meditation is coupled with light movement and helps participants feel more grounded and balanced, while focusing on natural breathing to promote self-compassion, presence, mindfulness, and embodiment. We hope you will leave feeling supported and anchored and ready to prioritize your needs.

ABOUT THE FACILITATORS



La Shonda Coleman, LCSW
she/her

Award winning international speaker and educator, La Shonda Coleman serves as Associate Dean of Student Affairs and Title IX Coordinator for Students for Pepperdine University. She oversees the Department of Health, Wellness and Resilience and serves as Chair of the Student Care Team. After her first year of outstanding service, La Shonda received the Helen M. Young Fellowship Award, in 2018. This distinguished award is presented to rising leaders and is named after Pepperdine's beloved First Lady, Helen M. Young.

La Shonda earned her Master of Social Work degree at the University of Southern California with a concentration in Community Organization, Planning and Administration. She advanced in her clinical career to earn her state license as a social worker and established a private practice in Larchmont, Ca. in 2015. She has served as a clinical provider, consultant and global speaker on the issue of interpersonal trauma and restoration.

La Shonda has developed an expertise in the areas of somatic based healing therapy and interpersonal violence prevention. She is the Founder of Trauma & Healing In Colour (THIC), a program designed to empower people to flourish amidst adversities through education, training and wellness programs. | As a senior trainer for organizations such as the Trauma Resiliency Institute and Mentors in Violence Prevention (MVP) Strategies, La Shonda has helped to transform communities, local and national government leaders, individuals and educational systems to address interpersonal violence using an intersectional approach.

ABOUT THE FACILITATORS



Nikita Gupta, MPH, CHES,
RYT
she/her

Nikita Gupta specializes in Transforming Trauma through Healing and Resiliency in educational as well as public and private settings. She is a recognized leader and educator and has worked nationally with at-risk communities, educational leaders and community service providers. Nikita is the founder of the innovative GRIT Coaching program at University of California, Los Angeles. The GRIT (Guidance, Resilience, Integrity, and Transformation) Program is nationally recognized as a model for excellence in mental health promotion, advocacy, and transformation for students, staff and faculty.

As a 2020 Fellow of the National Center for Free Speech and Civic Engagement, Nikita designed educational frameworks that are adaptable to various contexts for engaging communities in Trauma-Informed Practice and Embodied Leadership. Nikita's methodology is interdisciplinary and includes Neurobiology, Positive Psychology and Somatic Education through prisms of Community Health and Social Justice.

Nikita received her Master's in Public Health from UCLA. She is also a long-time Yoga Teacher and Meditation Facilitator. Her efforts to integrate practices of healing and restoration are dedicated to both individuals and organizations. Through training, coaching and consultation, she aspires to uplift the collective in bravely moving through the unknown, while finding joy and satisfaction in each day.

ABOUT THE FACILITATORS



Zabie Yamasaki, M.Ed, RYT
she/her

Zabie Yamasaki, M.Ed., RYT is currently the Program Director of Trauma Informed Programs at UCLA and is the Founder of Transcending Sexual Trauma through Yoga. Zabie has trained thousands of yoga instructors and mental health professionals and her trauma-informed yoga program and curriculum for survivors is now being implemented at over 25 colleges campuses and agencies including the University of California (UC) system, Stanford, USC, University of Notre Dame, and Johns Hopkins University.

Zabie received her undergraduate in Psychology and Social Behavior and Education at the UC Irvine and completed her graduate degree in Higher Education Administration and Student Affairs at The George Washington University. Her work has been highlighted on CNN, NBC, and The Huffington Post. She is currently writing the book: Trauma-Informed Yoga for Survivors of Sexual Assault which will be published by W. W. Norton & Company and is expected to be released in 2021.

Zabie is widely recognized for her intentionality, soulful activism, and passionate dedication to her field. She has received countless awards in victim services and leadership, including the Visionary in Victim Services award from one of the largest rape crisis centers in California.