

Catalyst Initiative at The Minneapolis Foundation

2019 HEALING FROM TRAUMA: TIPS & TECHNIQUES FOR RESILIENCE

Tuesday, March 12, 2019 | 11 a.m. – 2 p.m.

*Facilitated by Marnita's Table, hosted by
Westminster Presbyterian Church*

Overview

On Tuesday, March 12, 2019, the Catalyst Initiative of the Minneapolis Foundation and Marnita's Table brought together 130 community members from the Greater Twin Cities area for our 11th community exploration of Healing from Trauma: Tips and Techniques for Resilience. Hosted by Westminster Presbyterian Church in Minneapolis, the event centered around a delicious, extended brunch appropriate for all dietary concerns from vegan to carnivore and featured an abundant spread provided by Fabulous Catering.

During the event, participants were guided through opportunities to connect with other organizations and individuals in the room via a handy Takeaway Tool. Guests were also invited to engage in interactive spaces and activities such as the *Resource Wall*, *Let It Go!* station and in-room supervised youth play area.

Additionally, a series of engaging breakout sessions were offered in the afternoon. Local specialists in mindfulness, meditation and other cultural and integrative practices for wellness and resilience encouraged participants to learn, practice and walk away with techniques for promoting and maintaining holistic wellbeing. Guests also had access to a *Quiet Room* where calming, private space and massage therapy were available.



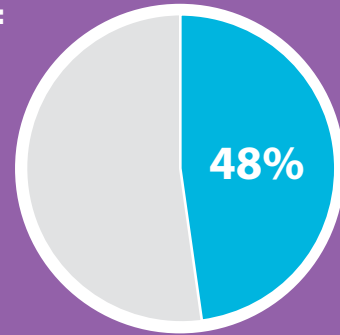
Catalyst Initiative
at The Minneapolis Foundation



Check out the video of this event
on Catalyst's YouTube channel.



Participants
of color:



Total Participants | 130

Cultural & Integrative Healing Practices: The Breakout Sessions

Drawing on local practitioners and resources for integrative and holistic health and wellness, we offered three breakout sessions during the afternoon, providing participants with the opportunity to connect, heal and develop practical skills and techniques to support personal and collective resilience. Sessions selected for this year's unConference focused largely on restorative practices for resilience and healing from trauma, particularly those that help support organizers, practitioners and community members who have experienced primary or secondary and historic traumas.

Existential Fatigue with Drake Powe

This breakout session explored existential fatigue, the experience of feeling worn thin by worry and disappointment. We explored what existential fatigue means, what happens when we ignore it and how we can use it to get to know ourselves, accept ourselves and reignite the spirit of play.

Restoring Power: Trauma and Resilience for Organizers with Ricardo Levins Morales and Molly Glasgow

This breakout session supported our intrinsic resilience by sharing embodied techniques that lower our reactivity so we can respond creatively to oppression absorbed in our bodies and communities.

Practicing Repair: Drama Therapy and Healing from Trauma with Dana (Ainra Njonjo) Suttles

Dana's primary practice is focused on self-revelatory performance, a form of drama therapy that provides the participant an opportunity to work through a current issue while acknowledging and addressing its connection to past experience and/or trauma. Dana was particularly interested in making this approach available to mental health practitioners, organizers and caretakers.





Guests were invited to engage in interactive spaces and activities such as the Resource Wall, Let It Go! station and in-room supervised youth play area.



Holding Space for Healing

Participants also had the option of utilizing a *Quiet Room* staffed with professional community healers, therapists and other locally based wellness practitioners. The *Quiet Room* featured our *Let It Go!* station, where participants had the opportunity to choose from a selection of beautiful papers and writing materials to record anything of which they hoped to let go in the interest of personal wellbeing and continued resilience. After recording the personal “let it go” items, participants dropped them into a basket, symbolically releasing them.

Following the event, the Marnita’s Table internal team held an intimate ritual of release during which these papers were ceremoniously burned without being read. This decision represents important learning and reflection on the part of the organization in an effort to reflect the honor and respect we hold toward the intimate contributions of participating community members.

A special thanks to the local therapists and practitioners who held space in the *Quiet Room*:

- Ihotu Jennifer Ali – *reproductive health bodyworker, hormonal health coach and performing artist*
- Ayo Clemons – *body and energy worker, organizer and racial justice advocate*
- cheré suzette bergeron – *community care practitioner (healing justice framework)*
- Awana Moye – *licensed naturopathic healer and massage therapist*

Additional thanks to the breakout session leaders: Dana (Ainra Njonjo) Suttles, MA/LGSW of the People’s Movement Center; Ricardo Levins Morales of the Ricardo Levins Morales Art Studio and Molly Glasgow, CA/RMT of Point Acupressure; and Drake Powe of Skellegense for contributing their skills and knowledge with guests in their search for practical tips and techniques for resilience.



The event centered around a delicious, extended brunch appropriate for all dietary concerns from vegan to carnivore and featured an abundant spread provided by Fabulous Catering.

Circle Share-in

For this Circle Share-in, we asked participants to share one word summarizing their experiences in the room during the day, and to say to their neighbor in the circle one positive thing participants have always wanted to hear about their own characters. Here is a small sample of what was offered:

Welcome | *So glad you're here*

Empowering | *You are wanted*

Experience | *You have knowledge*

Regenerative | *You are enough*

Appreciative | *I am here for you*

Peaceful | *You have a good heart*

Powerful | *You are strong*

Important | *You are important*

Healing | *You are doing your best*

Connected | *You are amazing*

Grateful | *You are a good listener*

Helpful | *You are whole*

Here's what participants had to say about their experience:

100%

Would invite someone to another Healing from Trauma

100%

Had met at least one new person with whom they intended to keep in contact

