

Trauma- Informed

Workforce



Your Path to Success through a Regulated Nervous System

A CERTIFICATE TRAINING PROGRAM

TRAUMA-INFORMED WORKFORCE

Your Guide to a Workforce Where Employees Feel Psychologically Safe, Valued, and Return Home Fulfilled

Roughly 70% of Americans report experiencing some type of trauma. By the time they start their postgraduate training, pharmacists have experienced tragedy, loss, neglect, or abuse. The social, emotional, and mental impact of trauma surfaces and is often exacerbated due to the stress of unbearable work conditions. **When pharmacists experience trauma, collaboration, and innovation come second to feeling safe.**

The average employee in the U.S. spends over 90,000 hours at work throughout their life. Thus, it is no secret that a high-pressure job that is neither supportive nor fulfilling, can cause a disproportionate amount of stress; thereby releasing stress hormones that speed up the heart rate, and stimulate the brain muscles to meet the demands of the job.

The human body is not built to sustain this level of intensity for long periods of time. After a while, the body starts to break down. **A study from Indiana Wesleyan University found that people who feel unfulfilled at work die on average 10 years earlier than those who are fulfilled at work.**

Trauma can come in many forms, and whether caused by a single event or by repeated exposure, the experience shapes the way a pharmacist feels, thinks, and behaves in the workplace.

This training is developed by Dr. Helen Sairany, a trauma expert who has first-hand experience with how trauma limits success and innovation in the workplace.



TRAUMA-INFORMED WORKFORCE

Why a Certificate Training Program?

Join us on a journey of self-regulation and transformation. Unlock the potential of your workplace with this Trauma-Informed Workforce Certificate Training Program.



When you complete this training, you will have a strong foundation of how childhood trauma and patterns limit success; how to maintain a regulated nervous system; and how to create a trauma-informed practice that creates more impact for your clients, patients, and those who are in your charge and care. This training is also meant to bring higher levels of satisfaction, better work-life integration, and less burnout for you and your employees.

3-Month Online, Self-Paced Certification Program with Live
Access to Up-to-Date Content

Trauma-Informed Workforce

Participation is open to **clinicians, non-clinicians, and others
ready to become trauma-informed.**

ENROLL TODAY!

This three-month Trauma-Informed Workforce Certificate Training program will equip you with the skills to become a successful trauma-informed provider. After this training, you are guaranteed to better connect with yourself, your work, and those in your charge on a deeper level.

Our training on a Trauma-Informed Workforce approach sets us apart, focusing on personal and professional development and discovering destructive patterns and trauma from childhood that limit success and fulfillment in the workplace.

**Join us and explore the path to a fulfilling
and successful career in the wellness
industry by becoming trauma-informed**

What will I learn during the Certificate Training Program?

12 Modules pave your path to success through a regulated nervous system.

- 01** Is Workism Making Us Sick?
- 02** Introduction to Workplace Trauma
- 03** Introduction to Childhood Trauma
- 04** Leading in Times of Trauma
- 05** Don't Bring it to Work: Childhood Patterns that Limit Success
- 06** Identifying and Working With Hidden Saboteurs
- 07** Working With "Never Good Enough:" Imposter Syndrome
- 08** Narcissism, Bullying and Harassment, and Spiritual Bankruptcy at the Workplace
- 09** Weapons of Mass Distraction
- 10** Navigating Well-Being in a Multigenerational Workplace
- 11** Your Codependent Co-worker
- 12** How to Cultivate a Culture of Belonging

LIVE SEMINAR

Part I: Your Introduction to Trauma

Part II: What Does Trauma Look like in the Workforce?

Part III: Working in a Trauma-Informed Workforce

Meet Dr. Helen Sairany

As a 7-year-old Kurdish child in Iraq, a country torn by war and conflict, I was spotted by a U.S. Marine deployed to my country with a grenade in my hand, who saved my life by exchanging the grenade for a bag of candy. He later escorted my family and me out of war to seek refuge in the U.S.

Because of my turbulent childhood, I was diagnosed with complex PTSD in 2013. Thus, I aspire to live in a world where the vast majority of the population are trauma-informed, feel psychologically safe and valued for the work they put out, and return home fulfilled.

Since the outbreak of the COVID-19 pandemic, I have been open about my dormant childhood trauma. I have been traveling globally to give talks on topics such as trauma-informed care, leadership, and the workforce.

I often use the word "nomad" to describe my lifestyle. Throughout the years, I have embarked on various global adventures, such as trekking in Southeast Asia, summiting Everest Base Camp in Nepal, exploring the W circuit in Patagonia-Chile, visiting Machu Picchu and Rainbow Mountain in Peru, hiking Pukhansan in South Korea, climbing Ben Lemond in New Zealand, and reaching the summit of Mount Kilimanjaro in Tanzania.

After having traveled to more than 100 countries worldwide, I developed an appreciation for the diverse mix of cultures, people, and traditions.

My interest in trauma stems from personal experiences of living through wars, navigating complex relationships, and continually learning what it means to be human.



Education & Career

I hold extensive knowledge, skills, and experiences in executive and trauma-informed leadership, administrative management, regulatory, practice, and accreditation systems gained through my 15 years of serving the profession as a pharmacist, Director of Content Development, and Business Partnership at the American Pharmacists Association (APhA), State Executive for the Florida and S.C. Pharmacy Associations, Director of Quality Assurance at the University of Duhok College of Pharmacy, and as a field provider in Iraq and Western Syria.

I hold a Bachelor of Arts from Agnes Scott College, a Master of Business Administration from the University of Maryland, and a Doctor of Pharmacy from Northeastern University. I was recently recognized by the *Washington Business Journal* "40 Under 40" and the *Pharmacy Times* "Next Generation Pharmacist" for my work on trauma and combating opioid abuse nationwide through pharmacist patient care services.