



Julie Esse and Kim: Overview of Week 1 in the *Trauma & Social Change* Channel



The Trauma and Social change co-managers, Kim an LGBTQ+ activist, psychotherapist, playback actress, and Julie Esse a translator and English teacher, bring you an overview of the first week's panels and sessions.

TOP EMBODIMENT TIP:

When choosing sessions, Relax your tongue, relax your jaw.
Say a clear "Yes" and a clear "No," so you can really show up to the ones you choose.

Overview: Week 1

- This is great if you are not wanting to read through the many listings, and want to hear two experts point you to what you are looking for.
- They touch on the panels and some specific presentations, sharing what they are excited about.
- Interest areas include: Education, Parenting, Community, Global, Mental health, For Specialists, Embodied Activism.

Embodiment Practices:

- Simple practices to keep you present during a conference in front of the screen.

Tips:

- See the presenters on the main stage that are also focused on Trauma & Social Change like Gabor Mate and Peter Levine.
- Attend the **Coffee Break Room** with others who have just finished watching the same session as you! Find it in the "Community" tab.
- Make a little profile for yourself to connect and network with others.



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Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

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