

CURRICULA INFLUENCES & CONTRIBUTORS

Our program curricula are developed through an iterative **human centered design** approach that incorporates external clinical, practice-based, and social justice influences as well as expertise from local community survivors, practitioners, and workshop participants.

While we customize and adapt the content for each training, workshop, and healing circle in real time, based on community needs and dynamic feedback from participants, the core framework and modalities are anchored in the resources below.

Note: This list is not exhaustive. We will periodically update it to reflect additional influences and contributors. Please contact us if an additional resource should be included in this list.

EXTERNAL INFLUENCES

Clinical Research & Social / Behavioral Science

- **Peter Levine, PhD** - Somatic Healing Theory
- **Bessel Van Der Kolk, MD** - Somatic Healing Theory
- **Judith Herman, MD** - Trauma Recovery and Social Rehabilitation
- **Daniel Siegel, PhD** - Neuroscience of Trauma
- **Stephen Porges, PhD** - Polyvagal Theory
- **Rachael Yehuda, PhD** - Epigenetics

Evidence-Based Practice Modalities

- Mindfulness and Meditation
- Arts Therapies (Narrative, Drama, Expressive, Dance, Movement, Music, Sound)
- Play Therapy
- Yoga
- Qigong

Practice-Based Evidence Modalities

- Hakomi Method - Somatic-Based Psychotherapy
- Somatic Experiencing
- Reiki & Energy Healing
- Essential Oils for Nervous System Regulation

Evidence-Based Delivery

- Group Therapy (Theory & Practice)
- Community Mental Health (Theory & Practice)
- Peer Based Mental Health (Theory & Practice)
- Trauma Informed Care (Theory & Practice)

Collective & Generational Trauma and Race, Violence and Culture

- **Resmaa Menakem, MSW, LICSW, SEP** - *My Grandmother's Hands*, Racialized and Intergenerational Trauma (Theory & Practice)
- **Strategies for Trauma Awareness & Resilience (STAR)** / Eastern Mennonite University - Cycles of Violence and Restorative Justice
- **Mia Mingus & Bay Area Transformative Justice Collective** - Transformative Justice (Theory & Practice)
- **Shawn Ginwright, PhD** - "The Future of Healing: Shifting from Trauma-Informed Care to Healing-Centered Engagement" (Medium)
- **Joy DeGruy, MSW, PhD** - *Post Traumatic Slave Syndrome*

Additional Lineages & Influences

- Ancestral & Cultural traditions rooted in Indigenous American (Ohlone & Cherokee) and First Nations, East Asian, South Asian, Central Asian, East African, and West African communities. We also incorporate healing traditions from local communities we work with into our trainings.
- Buddhist Philosophy
- Generative Somatics
- Nonviolent Communication

DIRECT CONTRIBUTORS

(Listed alphabetically by last name)

Trauma Healing & Resilience Trainings & Workshops

- Rosa Cabrera, MFA, MS
- Bogar Argon Carrillo
- Suresh Chhetry, MPhil
- Leslie Davidson, MA, LMFT
- Elayne Kalila Doughty, MA, MFT
- Tabitha Mpamira, MA
- Antone Olivier
- Amy Paulson, MS
- Lemny Perez, PsyD
- Lakiba Pittman, MA
- Eliza Ramos, MPH, MSW

Healing Cycles of Harm Program

- Vic Aguirre
- Rosa Cabrera, MFA, MS
- Sage Hayes, SEP, LMT, RYT
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