

The Journey...

The retreat program begins on the morning of the first day and concludes before noon on the fourth day. Each day begins with a short guided meditation to develop skills for maintaining a sense of peace in daily living. Education sessions are interfaced with process sessions and informal time together. Most evenings are free for personal processing or socializing with fellow participants. Participants receive food and lodging on site and are asked to be present for the entire time. A follow-up plan assures that graduates of the program continue the healing process begun here.

For more information:

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Operation Resilience

*St. Francis Spirituality Center
First Responders
Post Trauma Training*

Quote from a participant

"This program has reinforced the idea that you don't have to walk alone. Getting the help you need from a crisis you are involved in is a must. Holding onto the negative thoughts can be very destructive to our lives—damaging our body, mind, personal relationships and many other life events."

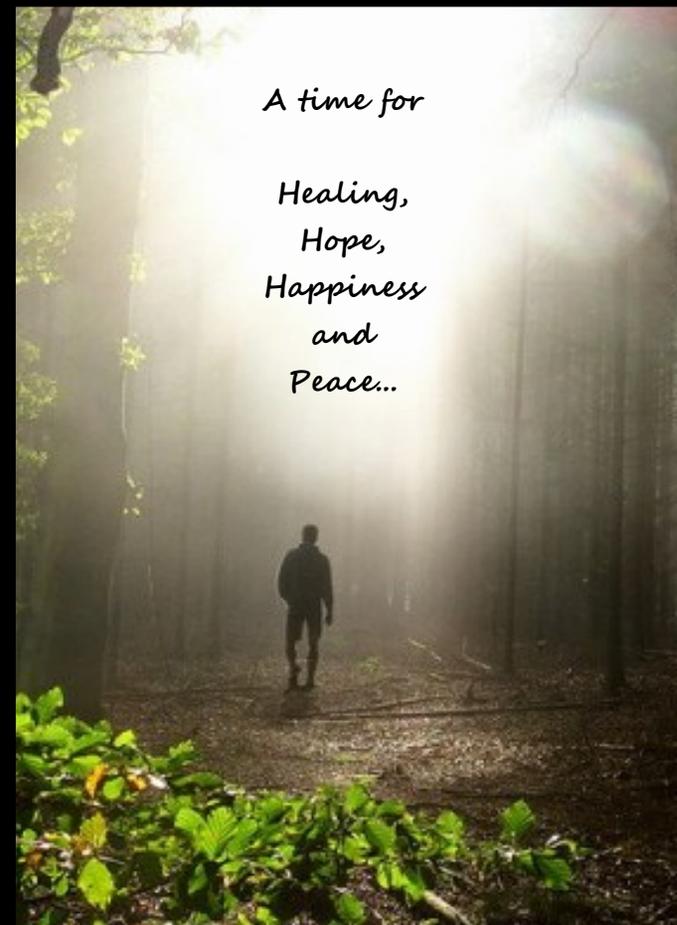


Quote from a participant

"I cannot thank the people enough that made this program possible for me to come here. I can honestly say that you saved my life."

A time for

*Healing,
Hope,
Happiness
and
Peace...*



A Journey of Healing...

Retreat

First responders spend four days at St. Francis Spirituality Center, located on a private and serene campus at the southern edge of Tiffin, Ohio. The setting allows the program participants space and time to interact with peers who have experienced a steady stream of critical incidents in their professional roles. Within a safe and confidential environment, first responders are encouraged to identify and process their reactions to traumatic events encountered over the course of their career.

This program is open to all faiths and addresses the needs of body, mind and spirit in a holistic way. Between sessions, first responders have time for quiet walks, peaceful reflection or group recreational activities.

Reframe

This course creates a renewed sense of self which is the first step toward improving participants' professional and family life. A team of professionals, including first responders trained in Critical Incident Stress Management, chaplains and licensed mental health counselors/psychologists, conduct educational sessions to help first responders understand how trauma can affect mind, body and spirit. Various exercises and coping mechanisms are shared which equip participants with tools to deal with stress now and in future incidents.

The team helps participants develop short and long-term goals to address current stressful situations and to maintain an improved level of self-awareness, self-care and overall functioning, professionally and personally.

Restore

Coupled with the educational sessions are several guided group sessions in which first responders process their most traumatic incidents. Participants discover that they are not alone in their experiences and reaction; thus a sense of cohesiveness and community develops which is a vital step in restoring health and well-being.

A team of Eye Movement Desensitization and Reprocessing (EMDR) practitioners provides individual sessions for participants as they process the thoughts and feelings about their most traumatic incidents. EMDR is a nationally recognized method for re-processing critical incidents. This method has the endorsement of the US Armed Forces which has effectively used EMDR to assist military personnel suffering from post-traumatic stress.

At the completion of the program, first responders will have a fuller understanding of post-trauma stress as a normal reaction to an abnormal event. They will have discovered a greater degree of resilience within them. They will be better equipped to personally deal with job and life stressors and will be able to help coworkers in similar situations.

