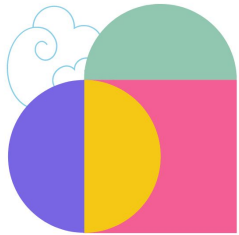


Understanding Trauma: Creating Space for Healing

Course Introduction

Original online training course hosted by Dream Keep Consulting LLC



Dream Keep Consulting
Here for the Hood

Facilitated by: Rebecca Anuru, LMSW, MPH
Founder & Managing Director



Dream Keep Consulting
Here for the Hood

Course Overview & DKC Introduction

Welcome to Dream Keep
Consulting's
*Understanding Trauma:
Creating Space for Healing*
Online Course

Modules for exploration:

1. Self-Reflection
2. Trauma 101
3. Trauma in Context
4. Transformation

Module 1: Self Reflection

Exploring:

- Self-Reflection Questions
- Trauma Foundational Definitions Overview
 - Extra Resource: Pod-Mapping

Module 2:

Trauma 101

Exploring:

- Post Traumatic Stress Disorder (PTSD) vs Complex PTSD
 - Trauma Considerations
 - Trauma Informed Care
 - Care & Treatment Options

Module 3:

Trauma in Context

Exploring:

- Key Equity Concepts
- ACEs & Material Conditions
- Exploring The Hood As An Example of Structural Traumas
- Social Determinants of Health, Oppression, & Safety

Module 4: Transformation

Exploring:

- Trauma ≠ Stagnation
- Centering Transformation
- Self-Reflection Questions



Dream Keep Consulting
Here for the Hood

Dream Keep Consulting Introduction

Dream Keep Consulting: Who are we?



Founder & Managing Director:
Rebecca Ruby Anuru, LMSW, MPH

- Young Black Woman, Hood, Free, Survivor
- Almost 15 years of dedicated service in:
 - Facilitation, Teaching, & Tutoring
 - Trauma Understanding & Crisis Intervention
 - Youth Development, Youth-led & Centered Service



This is at Claremont Park in The Bronx, up the block from where I started my life!

Dream Keep Consulting: Who are we?



Our Mission:

Dream Keep Consulting creates learning opportunities that promote self-reflection, community care, and activism - with the purpose of enhancing the well-being of hood youth everywhere.

DKC is here for hood Black youth and young adults, their caregivers, and the human service professionals that serve them.

Services Available:

1. **Facilitation & Speaking:**
Workshops, Discussions, Events
2. **Capacity Building & Evaluation:**
Program Support & Assessments
3. **Leadership Coaching:**
1-on-1 support

DKC's Radical Lense & Positionality



Dream Keep Consulting
Here for the Hood

HOOD:

An intentionally resource-deprived area (often highly segregated & near a wealthy white area) where darker

- Black and of color -

community members live and are extracted for cheap labor by systems, while being told they are unworthy of fair treatment, freedom from poverty, and basic human rights.

- Rebecca Ruby Anuru, LMSW, MPH (2020)



@dreamkeepconsultingllc

@DreamKeepConsultingLLC

hood
≠
urban

ALL
POWER
TO THE
PEOPLE



@dreamkeepconsultingllc

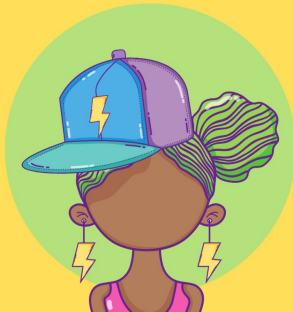
DKC's Radical Lense & Positionality



Dream Keep Consulting
Here for the Hood

Dream Keep Consulting (DKC)
offers analysis & services centering
BLACK hoods in the United States.

We are here to support hood Black
youth by challenging older adults &
systems to treat & serve them better.



@dreamkeepconsultingllc

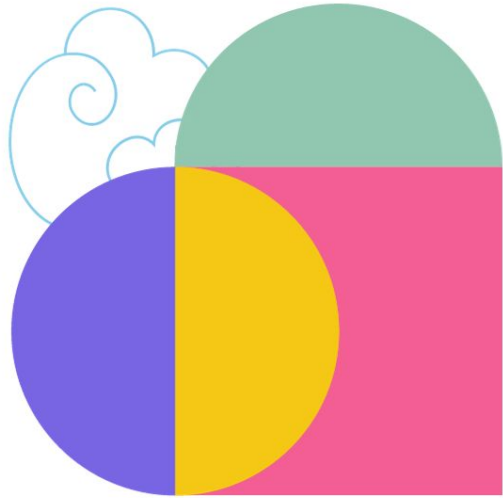
Remember:
Anti-Blackness is global.
Anti-Black AND poor
sentiments are everywhere.
It is beyond time to reallocate
resources equitably.



@dreamkeepconsultingllc



DKC's Introduction Video



Dream Keep Consulting
Here for the Hood

Stay in touch!

[DreamKeepConsulting.com](https://www.dreamkeepconsulting.com)

info@dreamkeepconsulting.com

347-338-8226

30 Minute Consultation [Booking Link](#)

Explore our [DKC LinkTree](#) to see articles, YouTube videos, and more!

Instagram: [@dreamkeepconsultingllc](#)

LinkedIn: [Rebecca's page](#) and [DKC's page](#)

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