



THE CHAOS SHIELD™

How do we stay in our window of tolerance despite increased pressure from both inside and outside the organization? How do we enhance relationships, productivity, innovation, morale, and mental health in the midst of disruption or chaos? Marius has developed a game-changing performance strategy that will redefine how your teams see their possibilities and potential. **It's not hopeless. There's a way to get it done.**

TRAUMA-INFORMED CARE PRACTICE STANDARDS

(ADAPTED FROM SAMHSA & INFORMED BY JERSEY PSYCHOLOGY & WELLBEING SERVICE)

To stay in and widen the window of tolerance—increasing adaptability, flexibility, and independence at times of stress and crisis and in the height of emotion—individuals must realize the personal widespread impact of trauma; understand potential paths for healing; recognize the signs and symptoms of others; and respond by willingly integrating knowledge about trauma into their daily life practices and relationships.

LEARNING TARGETS

1. We identify, reduce and eliminate symptoms, thinking patterns, behaviors, and urges that prompt us out of our window of tolerance.
2. We realize personal impacts of trauma, its widespread impact on others, and integrate knowledge about painful life events to understand potential paths for healing.
3. We act on our newly discovered insights to modify and enhance our daily life practices and establish meaningful relationships.

SKILLS PROGRESSION

*From low to high rigor and depth of knowledge (DoK)

- 1) I define mindfulness and understand the benefits of it.
- 2) I practice skills and procedures to increase effective mindfulness on a regular basis.
- 3) I explain concepts: provide examples - non-examples of trauma and adversity.
- 4) I explain and summarize the effects of trauma on individuals.
- 5) I make observations; collect and record data and observations (e.g., assessments, diary card, reflective journal, app) through mindfulness practices and prior knowledge to assess my own response to and

impacts of trauma and adversity.

- 6) I use and remind myself of evidence (data, examples, source, observations) that confirms that healing is possible.
- 7) I know how to use a combination of strategies to orient myself to the present moment (my body, my environment, my task, my emotion, etc.).
- 8) I explain the window of tolerance and how it relates across my internal and external experience.
- 9) I apply and adapt strategies to remain in my window of tolerance in my everyday life.
- 10) I apply and adapt information about dissociation to understand how I coped with distress associated with traumas



LEARNING MODULES

- Module One: Engaging the Moment - Skills #1-2
- Module Two: Learning about Trauma and Adversity - Skills #3-4
- Module Three: Understanding Me and Finding Hope - Skills #5-6
- Module Four: Orienting the Self - Skill #7
- Module Five: Staying in the Window of Tolerance - Skills #8-9
- Module Six: Understanding the Source of and Using Dissociation to Heal - Skill #10
- Module Seven: Activation - Skill #11

and adversity.

11) I analyze evidence of my present problems and activate the most

effective course of action for continued health (e.g., trauma healing, cognitive restructuring, life design, etc.).

Time: Two full days of your choosing or customize based on your time availability

Maximum number of participants: 40

Format: Workshop, direct instruction, interactive discussion, multimedia (in-person only)

Cost: \$10,000

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