

THE JOURNEY TO RECOVERY:

Healing Ourselves While Healing Others

“Who can save a child from a burning house without taking the risk of being hurt by the flames?” Who can listen to a story of loneliness and despair without taking the risk of experiencing similar pains in his own heart and even losing his precious peace of mind? In short: “Who can take away suffering without entering it?”

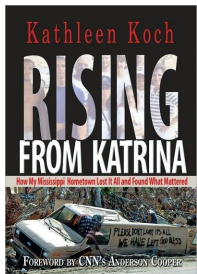
-Henri Nouwen, *The Wounded Healer*

This workshop is intended for all, regardless of profession, who helped during and after Superstorm Sandy.

It will explore the concepts of trauma, compassion fatigue, and self-care strategies.



The workshop presenter, **Donna Gaffney**, is the Advisor for Education and Research at Project Rebirth and a faculty member at the International Trauma Studies Program in New York City. She is a nationally recognized speaker and expert on the effects of trauma and has long addressed the issues of trauma, loss and disaster in the lives of children, families and community members.



Ms. Gaffney will be introduced by author and former CNN correspondent **Kathleen Koch**, an advisor to Project Rebirth. Since writing her bestselling, prize-winning book *Rising from Katrina: How My Mississippi Hometown Lost It All and Found What Mattered*, she travels around the world speaking about disaster and resilience and helping communities share lessons learned.

Afterwards, Ms. Koch will take questions with Ms. Gaffney and will be signing copies of her book. Part of the proceeds go to the ongoing disaster recovery on the Gulf Coast.

MONMOUTH UNIVERSITY

Young Auditorium, Bey Hall

Thursday, May 22nd, 2014

8:30—Registration & Continental Breakfast

9:00—12:30pm

THIS EVENT IS FREE OF CHARGE

Please RSVP to Stephanie Decker at sdecker@mentalhealthmonmouth.org or call 732-542-6422 x108

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