

Trauma Informed Academy Offers Sure-Fire Skills for Holidays

Three free strategies for surviving the holidays

NASHVILLE, TENNESSEE, UNITED STATES, December 4, 2023

/EINPresswire.com/ -- The [Trauma Informed Academy](#) has created three key strategies and general information about how survive the holiday. These three strategies make it easier easier for trauma survivors who may struggle the time between October and January.

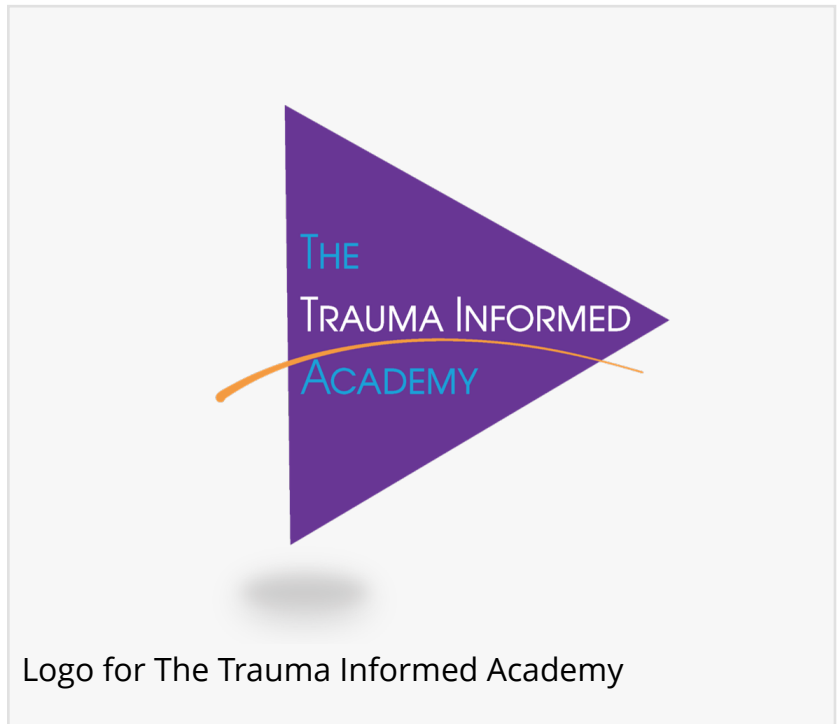
Reminders that include sights, sounds, smells, and touch can easily trigger survivors during this time. Elizabeth

Power, M.Ed., Founder of The Trauma Informed Academy said, "The real time to start getting ready for the holidays is not the holidays. Folks need to start warming up and mastering new skills or ways of doing things when it's something besides a high-risk time, and starting any time is better than not starting at all."

Sure-Fire Skills is The Trauma Informed Academy's new short training format, one module with three lessons. Power is keenly aware of short attention spans, and the need for video accompanied by to-the-point communication. She has a keen sense of language and how to support healing with it.

Power recommends taking inventory of your connections, where they are strong and positive, and of your competencies in establishing and maintaining space for yourself.

Power noted, "One of the sure-fire methods is to block time on the calendar and writing 'Something' as the appointment. That way, when someone wants the time, it's easy to honestly say 'Sorry, there's something on the calendar.' It's tips like this that can be practiced before, during and after the holidays to make sure there's time for healing and restoration."



The Trauma Informed Academy's courses are evidence-informed and multidisciplinary and are used by provider networks, clinicians, clients, educators and others who are interested in mastering skills that insulate against the everyday and extraordinary discomforts of life.

The TIA hopes to produce at least one Sure-Fire Skill each quarter, encouraging survivors to develop the skills that may have been missed due to traumatic experiences.

Elizabeth Power

EPower & Associates, Inc

+1 615-714-6389

[email us here](#)

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/668892205>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.