



Trauma-Informed Resiliency Services and Project LIGHT come to Australia

in partnership with
Mind Heart Connect Pty Ltd
and Create Global Healing



Project LIGHT: Rwanda

Developed by Create Global Healing Founder, Dr. Lori Leyden and first implemented in Rwanda with orphan genocide survivors, Project LIGHT is a successful, sustainable five pillar model of humanitarian aid nurturing our next generation of traumatised young people to heal, work and lead us into a peaceful future.

Now, Project LIGHT: Australia supports indigenous and refugee youth.

Create Global Healing Consulting offers the following services:



“Based on my experience, mending hearts and minds with effective and rapid trauma healing techniques is the primary foundation for peace building – without it, resiliency and long term success are severely compromised in any recovery and/or reconciliation efforts.

Although not widely recognised, trauma causes brain-based dysfunctions and as such, must be treated with brain-based therapies. Also not widely recognised, is the necessity of treating secondary traumas incurred by those serving traumatised populations. Our Project LIGHT, AHARP and BBSRT programs fill this gap by providing research-based, leading edge peace building skills.”

– Dr. Lori Leyden



WE ARE SEEKING:

Collaborations with organisations and individuals in Australia serving indigenous and refugee youth open to expanding and deepening their work in alignment with Project LIGHT Pillars centred on:

1. Trauma Healing
2. Heart-Centred Leadership
3. Conflict Transformation
4. Economic Sustainability
5. Community Building

WE ARE OFFERING:

Customised Trauma Focused Consulting Services:

Rather than impose an external model of what we think people in the communities we serve need, we bring our skills, wisdom, knowledge and experience to partner in collaborative, tailored efforts to create healing and resiliency. Through consultation with your organisation we will customise programs for you in the following areas:

1. Project LIGHT 5 Pillar Model Assessment and Development.
2. AHARP: Accelerated Healing and Resiliency for Peace Builders serving traumatised communities.
3. BBSRT: Brain Based Somatic Release Techniques – Advanced Skills for professionals.

These programs are appropriate for those working in humanitarian aid and disaster relief environments as well as community leaders, mental health, health care and social work professionals; educators and parents.

Training and Mentoring Benefits Customised to Your Organisation's Needs:

- Addressing the critical elements needed for sustained healing and peace building.
- Faster, more effective recovery and resiliency time for traumatised individuals and those serving them.
- Minimal cost to learn.
- Train the trainer model provides for efficient replication and scalability.
- Research-based skills successfully implemented in post-trauma environments in over 24 countries.



“Based on my clinical experience and reading of the research literature, EFT/Tapping is the treatment of choice for rapid intervention in traumatic situations that trigger overwhelming emotions in individuals and groups. Its use can prevent the future development of full-blown PTSD by empowering people to develop control over their own nervous systems.”

Eric Leskowitz, MD; Department of Psychiatry, Harvard Medical School

Services & Training

OUR PRIMARY FOUNDATION FOR PEACE BUILDING

1) Trauma Focus

The World Health Organization (WHO) recognises Post Traumatic Stress Disorder (PTSD) as a health problem of growing concern, not only for those in resource poor environments where natural disasters, violence and war occur but for those humanitarian aid workers who serve them. In addition, WHO recommends training paraprofessionals to treat most trauma survivors in such settings and only then, referring those who cannot be helped to professionals.

Trauma Focus is an essential part of trauma relief and recovery. Although everybody knows the word trauma, there is a general lack of awareness of what trauma actually is. Brain science discoveries prove that trauma is a physiological process, a biochemical freeze response created in the brain and central nervous system when one is confronted with overwhelming fear. Because trauma creates physiological dysfunction, talk therapy which addresses symptoms rather than underlying causes is inefficient and often further triggers trauma reactions. Conclusion: Trauma must be treated with approaches like BBSRT that return the brain to normal functioning.

2) Brain-Based Somatic Release Techniques – Why Are They So Effective?

Recent research at Harvard Medical School has documented that the most effective treatment for trauma seems to be found through Brain-Based Somatic Release Techniques such as EFT/Tapping. The stimulation of certain acupuncture points on the body have been shown, through fMRI and PET scans, to calm the amygdala and stop the fight/flight/freeze response. Moreover, research has also shown that the hippocampus and other fear sensors in the body are similarly and often very quickly affected and discharged.

The result is that memories are retained, but they no longer carry an emotional intensity and 'charge' to trigger the trauma response in the body, thus allowing a full healing of the original trauma.

Our consulting services include EFT/Tapping which has shown to be extremely effective as a community trauma intervention tool around the world, delivered to well over 10 million people in over 24 countries including Rwanda, Uganda, Congo, Nigeria, Israel, Indonesia, Haiti, Japan, Kosovo, South Africa, Israel, New Zealand, Ecuador, Kenya, Guatemala, Kuwait, Mexico, Moldavia, Tanzania, Thailand, South Sudan, Burundi, Brazil, Liberia, Australia and the US.

Over 30 years of research has now been completed and is available for review.



3) Project LIGHT: Humanitarian Aid Model

Problem: Trauma + Poverty + Isolation = Human and Economic Crisis

Failure to address trauma undermines current humanitarian aid and peacebuilding programs. Poverty and inadequate leadership breed violence, disease epidemics and unsustainable economies. Without focusing on comprehensive programs for youth healing, leadership and economic sustainability community and global peace will remain elusive.

Radical, Doable Solution: Established in 2011, the 5 Pillar Project LIGHT: Rwanda Model is the world's first youth healing program supporting the following formula:

**Trauma Healing + Heart-Centred Leadership + Economic Sustainability Training
+ Conflict Transformation + Community Peace Building = Global Healing**

**An empowered, new generation who can
heal, work and lead us
into a peaceful, prosperous, innovative future.**

Project LIGHT: Rwanda. Dr. Leyden implemented Project LIGHT: Rwanda pilot program with 12 orphaned high school graduates. The program used EFT/Tapping in each of its five peace building pillars. Eleven of the 12 Project LIGHT: Rwanda "Ambassadors" achieved significant trauma healing outcomes, continue to show no signs of PTSD, and have become leaders and counsellors in their communities. Four Ambassadors have been sponsored in small businesses, eight have graduated university and two are enrolled in graduate school.

4) AHARP: Accelerated Healing and Resiliency for Peace Builders

Dr. Leyden began developing her AHARP peace builder/healer program in Newtown, Connecticut, as leader of the Newtown Trauma Relief and Resiliency Project serving those traumatized by the Sandy Hook Elementary School shooting. Over a three-year period, she mentored 24 volunteer professionals and paraprofessionals in EFT/Tapping, self-care and healing their own deepest traumas so that they could be fully present, resourceful and effective in working with families who lost loved ones, child survivors and their families, educators, first responders, mental health and health care professionals and others with PTSD.

Dr. Leyden continues AHARP Mentoring for NGOs in Rwanda including Ihumure Conflict Transformation Mediators and Never Again Rwanda staff as well as individuals and groups responding to trauma inducing crises throughout the world.

5) BBSRT: Brain-Based Somatic Release Techniques – Advanced Trauma Healing Skills

As an AAMET Master Trainer, Dr. Leyden delivers impeccable advanced training and mentoring in BBSRT skills incorporating her own trauma healing protocols for groups and individuals. These trainings include step-by-step instruction, demonstration, hands-on practical experience and the opportunity to more effectively and innovatively enhance basic and foundational EFT/Tapping skills.



Services
& Training

WHO WE ARE

Mind Heart Connect Pty Ltd was established by co-founders Dr. Peta Stapleton and Kate Helder to raise awareness of the Mind-Body-Heart connection and be a vehicle to showcase how evidence-based practices can be used for effective healing in communities and therapy spaces.

Dr. Peta Stapleton of Bond University in Queensland is a world-leading Clinical EFT/Tapping researcher and trainer. Executive Director, Kate Helder is a social entrepreneur with a genuine passion for health and wellbeing. www.MindHeartConnect.com

Create Global Healing was founded by Dr Lori Leyden in the belief that the promise of peace in our world lies in nurturing our children to become global citizens and heart-centred leaders. By providing support for traumatised young people around the world Create Global Healing seeks to shine a beacon of light on one of the greatest human gifts that can unite us all – the power and resilience of the human heart. www.CreateGlobalHealing.org

Dr. Lori Leyden: Create Global Healing consulting services are delivered by Lori Leyden, PhD, MBA and her team. Dr. Leyden is a uniquely qualified transformational leader, author, and trainer. She is internationally recognised for using Brain Based Somatic Release therapies in her work with thousands of orphan genocide survivors in Rwanda, developing and implementing Project LIGHT: Rwanda, establishing the Newtown Trauma Relief and Resiliency Program, the first US community based trauma healing program for survivors of the Sandy Hook Elementary School shooting and, mentoring hundreds of transformational leaders and professionals serving trauma survivors and peace-building efforts around the world.



Project LIGHT: Rwanda's award winning documentary chronicles the transformation of 12 orphan genocide survivors after participating in a new form of humanitarian aid. They were trained to heal their PTSD and their hearts and pay it forward to hundreds from Rwanda to Sandy Hook, Connecticut. www.CreateGlobalHealing.org/our-documentary

CONNECT WITH US NOW

If this information resonates, Dr. Leyden will be in Melbourne November 2017 and would be delighted to meet with you to explore how she may serve your passion, vision and goals.

Please contact:

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Contact Us