

# MENTAL HEALTH WORKSHOPS

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## INTRODUCTION

These workshops boasts an interactive experience that outlines the skills of the KHAOS Mindset with activities that enhance the understanding of coping.

## WORKSHOP TOPICS

**R.A.W. © Sessions:** An approach rooted in experiential therapeutic techniques. Designed to assist individuals with realizing their barriers, admitting their roles in their lives, and working through to create and deliver solutions. (designed for groups and families).

**P.A.T.I.E.N.T. © Sessions:** Pause And Think, Inhale/Exhale, Now Talk/Now Tap out. Designed to assist individuals with successfully incorporating the KHAOS techniques by modeling prevention, intervention and awareness to support building mentoring, support and trauma safe spaces.

**R.E.S.E.T. © Sessions:** An interactive space where participants focus on thought stopping, reframing, anxiety triggers, and how to cope with unwanted thoughts.

**F.R.E.E. © Sessions:** Created to assist individuals who are bound by emotional or situational events. Participants learn how to forgive, release, embrace, and elevate (assess, address, and reduce toxic and traumatic stress) in the work, home, and community environments.

## WORKSHOP INVESTMENT

Organizations will receive a 4 hour workshop for their professionals which encompass the session, presentation and activities of your choice.

**Total investment: \$2,000 per session**