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Pathways to Wellbeing Training Series

STAR-T: Secondary Trauma Activates Resilience Training

This experiential 4-part series draws from interpersonal neurobiology, embodiment theory, trauma theory, and attachment science to equip professionals with concepts and practical skills to transform the impact of secondary trauma into resilience. Designed for individuals and teams, these sessions focus on personal regulation and shared organizational culture to promote sustainability in human service work.

Session 1: Understanding Secondary Trauma & The Resilience Formula

- Grasp how secondary trauma spreads like wildfire, and explore the core formula for post-traumatic growth using neuroscience-informed principles.

Session 2: Awareness Skills for Nervous System Regulation

- Learn and practice grounding, awareness, and transition tools to self-regulate and track your nervous system throughout the workday.

Session 3: Connection Skills for Team Resilience

- Explore mirroring, resonance, and pulsing boundaries to create dynamic, co-regulating workplace relationships.

Session 4: Culture Shift: From Trauma to Resilience

- Integrate awareness and connection skills to shift team culture toward skillfulness, humility, efficacy, and hope while addressing collective trauma.

Dates:

Session 1: June 12th

Session 2: June 19th

Session 3: July 17th

Session 4: July 31st

Time: 12:00 -1:00 PM MT

Location: Zoom



Andrew R. Laue, LCSW is a psychotherapist, educator, and founder of STAR-T. He has received national and state-level recognition for his work on secondary trauma and resilience, including work with the Missoula County Attorney's Office, St. Patrick's Hospital, the Montana Office of Public Defender, and the United States Air Force.

Andrew brings decades of experience in supporting sustainable human service work through trauma-informed, culturally responsive approaches.

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