

# PREPARE<sup>®</sup>

AN IMPACT<sup>®</sup> ORGANIZATION

## CONTINUING EDUCATION UNITS



Since 1992, Prepare has worked to build safer individuals, organizations, and communities through comprehensive, evidence-based, and trauma-sensitive violence prevention instruction. We partner with nonprofits, social enterprises, corporations, and small businesses to support human resource and leadership development initiatives. Prepare has served over 50,000 people in the NYC metro region and counting.

Prepare now offers Continuing Education Unit (CEU) programming for licensed mental health practitioners to strengthen professional development and to increase knowledge of proven practices in healing interventions that can improve physical, emotional, cognitive, and behavioral outcomes for trauma-impacted and at-risk clients. Trainings focus on information and tools that professionals can immediately put into practice to educate and support clients, including navigating the social context for experiencing violence and integrating psychosocial education with therapy to reduce client shame and self-blame. All programs are customizable and include dynamic role-plays, group discussion, and individual rehearsal of concepts one-on-one with highly trained facilitators.



## CONTINUING EDUCATION UNIT PROGRAMS

Short form, full day, and multi-session programs

16-24 participants

### OVERVIEW

Prepare educators team with a licensed professional at your organization or from our network of practitioners to offer a customized program that provides Continuing Education Units (CEUs) for your participants. At the conclusion of the program, participants will have acquired a new set of knowledge, skills, mindsets, and behaviors that enhance their clinical skills. **Participants will:**

- Acquire a framework for viewing violence within a social context to avoid unconsciously perpetuating systems of oppression and rape culture.
- Gain comfort in setting boundaries with clients and creating a strong frame for the client-therapist relationship.
- Increase understanding of the ways that people respond under pressure to physical and emotional threat.
- Directly experience the changes in affect state, self-confidence, and somatic state when embodied self-empowerment methods are practiced.
- Enhance ability to help clients identify when emotional boundaries are crossed, notice strategies used by manipulators, assess power dynamics, and review realistic options to defend various boundary intrusions.
- Improve skills for coaching clients through difficult interpersonal encounters.

## WE'LL CUSTOMIZE A PROGRAM FOR YOUR PRACTITIONERS

The following CEU topics are representative of the range of programs available:

- Empowerment Self-Defense as a trauma intervention for survivors
- Methods for helping clients set emotional and physical boundaries
- Trauma-sensitive support for clients who report interpersonal violence, sexual assault, and other forms of violence
- Skills to strengthen client capacity to more accurately read people and assess problematic or dangerous intentions



“ On behalf of the Institute for Contemporary Psychotherapy (ICP) Trauma Studies Center, I want to thank Prepare for the CEU program, *Claiming Your Voice - Defending Your Boundaries: Introducing an Empowerment Self Defense Approach into Psychotherapy with Trauma Survivors*. The presentation was illuminating and the experiential work was particularly effective. A great experience for all participants. ”

**Rosemary Masters, Founding Director  
Trauma Studies Center, 6-credit program**

“ Prepare demonstrated a high level of professionalism from their timeliness to their thoughtful and organized material and exercises. The team was highly flexible and exhibited strong cultural competence. They delivered the material in way that was intersectional, culturally informed, and connection with the population they were serving. They covered a lot of material in a clear, concise, and sensitive manner that effectively achieved all the goals set at the beginning of each session. Prepare left a lasting impression on us all. ”

**The Children's Village Safe Harbor Program  
6-credit program**



## **DONNA CHAIET, CO-FOUNDER & PRESIDENT**

Donna is a nationally recognized speaker and author of an award-winning series of eight books for Rosen Publishing group: *The Get Prepare'd Library of Violence Prevention for Young Women*. Her second award-winning book, *THE SAFE ZONE: A Kid's Guide to Personal Safety*, was published by Morrow Junior Books. Donna collaborated with Co-Founder Karen and Anti-Racism Educator Randy Clancy to create an evidenced-based Anti-bias, Anti-bullying curriculum for grades 2-12. She has completed training with the Substance Abuse and Mental Health Service Administration focusing on current methodology in prevention science and is a certified Our Whole Lives Sex and Sexuality instructor. She was certified as a Crime Victims Counselor and provided pro bono legal work for abuse survivors. Donna earned her B.A. at SUNY Albany and her J.D. at Brooklyn Law School.

## **KAREN CHASEN, CO-FOUNDER & VICE-PRESIDENT**

Karen is nationally recognized for her collaborative work and research with experts in the fields of safety and preparedness, trauma recovery, and intervention. She partnered with Dr.'s Rosenblum and Taska to develop a trauma intervention combining personal safety classes with group therapy for their clients at the Center for Family Resources in NJ. She works with Dr.'s Weinberg and Vogel-Davis of Montclair State University's Counseling and Psychological Services Center to utilize this trauma intervention for college students – both programs are firsts in the country. Karen is a guest professor at Drew University and Hunter College, and annual speaker at Columbia University Journalism School & the Dart Center for Journalism and Trauma. Karen earned her B.A. at SUNY Albany and her J.D. at Boston College Law School. She completed the International Trauma Studies Program at New York University (now affiliated with Columbia University) and Gavin de Becker's Advanced Threat Assessment and Management Academy.

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