



## STAR NYC

**STAR stands for Strategies for Trauma Awareness and Resilience. The STAR NYC program\* provides training in the physiological, psychosocial, and spiritual effects of trauma and the implications for individuals, communities and societies. Its vision is a healthy society that works for everyone, where trauma is transformed and peace and justice prevail.**

*Transforming Trauma, Building Peace, Where People Work, Learn, and Pray*



**STAR Curriculum draws on and extends practices related to trauma, justice, peacebuilding, spirituality and security.**

- **Trauma healing** often focuses primarily on the mental health of individuals. STAR relates body and spirit to trauma healing, addressing its significance for groups and communities.
- **Justice** usually entails legal systems. STAR presents principles of restorative justice that engage individuals and communities in redressing harms done.
- **Peacebuilding** generally attends to community level concerns. The STAR curriculum extends peacebuilding to individual and national levels, integrating the value of breaking cycles of victimhood and violence.
- **Spirituality** is often disconnected from trauma healing. STAR identifies holistic spirituality as a key component in healing trauma at all levels.
- **Security** commonly refers to national security and the duty of governments to protect their citizens. STAR pushes beyond homeland security to look at global human security.

**Star NYC is a program of the National Disaster Interfaiths Network. The STAR program was developed as a joint 9/11 project of Church World Services in New York City and the Center for Justice and Peacebuilding at Eastern Mennonite University in Harrisonburg, VA.**

**NATIONAL DISASTER INTERFAITHS NETWORK**

4 West 43rd Street, Suite 604, New York, NY 10036

Phone: 212-669-6100 Fax: 347-284-0054 [www.n-din.org](http://www.n-din.org)

**BUILDING DISASTER-RESILIENT COMMUNITIES**

## WHY STAR?

Leaders and caregivers can either promote healing and resilience in individuals and communities, or they can contribute to ongoing cycles of victimhood and violence. STAR equips them to move out of these cycles through healing and transformation to renewal and growth.

### STAR NYC TRAINING PROGRAMS

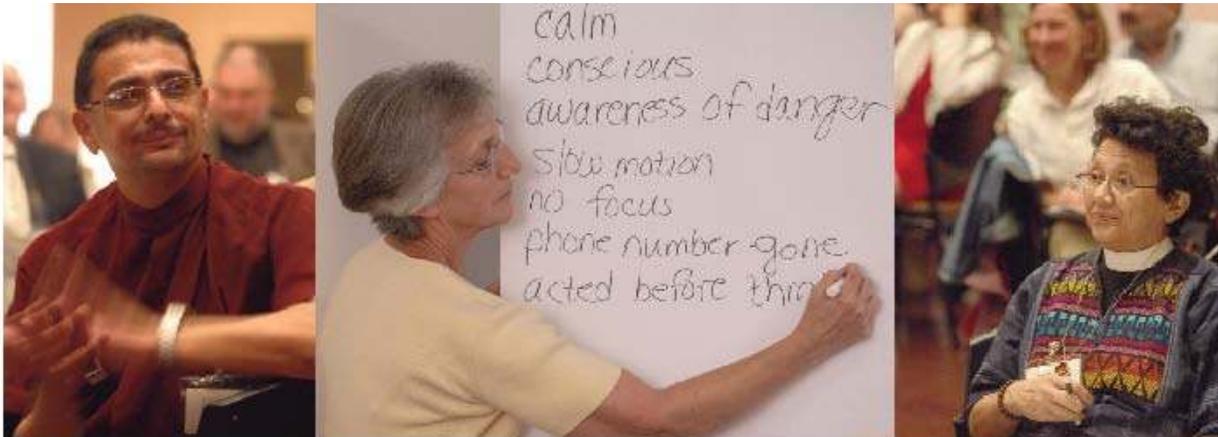
STAR NYC training programs include three components: education about trauma, opportunities for healing, and strategies for enhancing resilience.

**STAR Seminars:** Transforming Trauma, Building Peace, Where People Work, Learn, and Pray (one week)

**STAR-Light:** Basic STAR concepts, with emphasis on holistic healing modalities and resilience strategies (one day)

**STAR Modules:** Custom-designed trainings adapted for focus, format, and schedule:

- ◆ Impact of Trauma on the Learning Community
- ◆ The Trauma Healing Journey: Why We Don't Just Get Over It
- ◆ Leading Beyond the Go Bag: Promoting Recovery, Practicing Resilience
- ◆ Compassion Fatigue: The Cost of Caring
- ◆ Claiming Our Place as Peace-builders
- ◆ Religious Diversity: Bias on the Brain
- ◆ Hope Beyond the Hammering: Informal Spiritual and Emotional care in Disasters



STAR NYC honors multi--faith participation and contributions from diverse communities around the world. Participants who have found the training helpful include clergy, civil and religious leaders after 9/11, youth workers in the Gulf Region post Katrina, disaster and relief workers world-wide, leaders in post-war settings, social workers, nurses, mediators, teachers, lawyers, psychotherapists, and persons supporting returning military veterans.

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