

## Outline EmotionAid® 4-Hour Workshop

Subjet	Content	Time	Till	Whom	Teaching
Opening	Intro Context Logistics Intro Maskit & Cathy	15 min	14:30	Cathy Maskit	
What we are going to cover	Understand stress and trauma from a brain perspective Intro to self regulation and emotional first aid based on 5 steps	5	14:35	Maskit	
Scientific background	Definition trauma Brain model Videos animals in the wild  Intro of group intro	20 min	14 :55	Cathy	
Intro group	Name Place of work Level of stress What helps	45min	15:45	Cathy Maskit	Introduce basic concepts
Break		30 min	16:15		

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5-Steps	Explain the steps	15	16:30	Cathy	Practice
Demo experience carpet		15min	16 :45	Maskit	
Exercice experience carpet in 2 groups		30	17:15	Cathy Maskit	
Break		15	17:30		
Case studies	Examples and possible interventions	40	18:10	Cathy Maskit	
Feedback		10	18:20		
Conclusion	One word for take away	10	18:30	Cathy Maskit	