



# Transforming Behavioral Health Training

## OUR VISION

Healing begins with recognizing our inherent worth and honoring one's lived experience. Dignity in Healing Collective blends evidence-based behavioral health practices with cultural wisdom to foster personal growth, professional skill, and systemic change.

## OUR BELIEFS

- Self-healing is community healing
- All humans have innate healing capacity
- Healing happens in collaboration

## OUR APPROACH: FOUR PILLARS

**Evidence-Based Learning:** CBT, Polyvagal Theory, Internal Family Systems, Somatic Experiencing.

**Cohort Model:** Small learning groups where every voice is heard.

**Co-Facilitation:** Licensed providers partner with community healers, bridging clinical expertise with cultural wisdom.

**Accessibility:** Options for in-person immersion, live virtual sessions, and self-paced online learning.

## WHY TRAINING MATTERS

Dignity's training expands behavioral health access, increases representation, and builds pathways for culturally responsive health support partners—transforming not only providers, but the healthcare system itself.

## WHO CAN PARTICIPATE

- Ages 18+
- High school diploma or GED
- Community healing experience preferred, but not required

## Foundational Course

### Honoring Yourself – Cultivating Dignity Within

A six-session journey to build sustainable self-care, emotional resilience, and healing capacity:

#### 1. Embracing Your Inherent Worth

Personal reflection, legacy tree creation

#### 2. The Dignified Body

Nervous system regulation, trauma and body wisdom awareness

#### 3. The Dignified Mind

CBT integration, self-compassion practices

#### 4. Mind & Body Systems

IFS mapping, self-leadership skills

#### 5. Dignity in Relationships

Eco-mapping, healthy boundaries, agency

#### 6. Dignity, Healing, & Sustainability

Long-term self-care planning

## Advancing Your Practice

### Supporting Others

After foundational training, learners apply evidence-based tools in behavioral health roles such as care management, advocacy, and wellness education, with a focus on:

- Risk assessment protocols
- Trauma-informed assessment
- Cultural competency evaluation
- Patient-centered approaches

## Ongoing Support

Graduates Receive:

- Regular supervision with licensed providers
- Access to psychiatric consultants
- Opportunities to work with clinical and community healers