

**Mindfulness and Energy Awareness Masterclass**  
teaching children with trauma



*(energy/psychological)*  
**What is trauma?**

**Causes of trauma**  
*(Brain/energy)*

**Behaviours**  
*Age and development*

**Teaching Meditation**  
*practice limitations*

**Safety**  
*Compliance  
Safeguarding*

**Mindfulness**  
*trauma sensitive*

**Meditation Benefits**  
*short to long term*

**Mindfulness toolkit**  
*resources/reading*

**Processing the journey**  
*collaboration, strong reactions*

**connecting the 'dots'**  
*grounding, power, voice*

**selfcare & compassion**  
*toolkit/supervision*

# Mindfulness and Energy Awareness Masterclass - teaching children with trauma



## What is trauma?

Exploring trauma from the psychological definition and including the energy body aspect

## Causes of trauma

Using the ACES (adverse childhood experiences) perspective and reviewing the impact on the energy body and cognitive/emotional development of young people

## Behaviours

How trauma presents itself at different stages of child development while including an energy perspective (explicitly and hidden)

## Teaching Meditation

Clearly identifying what you can/cannot do when teaching young people (with trauma) meditation and mindful skills.

## Safety

Understanding how to engage young people with trauma in a meditation practice that includes safeguarding and compliance awareness.

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## Meditation Benefits

The long and short term benefits for young people learning meditation skills - supporting personal, health and emotional wellbeing.

## Mindful Awareness

Exploring what trauma sensitive mindful practices actually mean for the meditation teacher and the young person.

## Connecting the 'dots'

Explaining the key issues, mindful and energy approaches for trauma - grounding, power and voice.

## Selfcare & compassion

Staying centered toolkit to support the meditation teacher and reduce compassion fatigue.

## Processing the journey

How to help young people engage and collaborate in the meditation experience and how to support energy strong reactions.

# Mindfulness and energy awareness masterclass - syllabus

## Module 1

**Title** - What is trauma?

**Intention** - Exploring trauma from the psychological definition and including the energy body aspects.

### Topics

1. Definition of trauma
2. Signs and symptoms
3. Common therapeutic approaches
4. PTSD
5. Energy body perspective of trauma and PTSD – overview
6. Exploring each energy center concerning trauma and PTSD
7. Signs of trauma in energy body/chakras – physical, emotional, mental
8. Imbalances in the chakras linked to trauma,
9. Balancing the chakras with trauma awareness,
10. Balancing the energy body with trauma awareness

**Outcome** – By the end of this module you will have explored different interpretations of what trauma is and use this as a springboard to explore energy awareness of trauma.

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## **Module 2**

**Title** - Causes of trauma

**Intention** - Using the ACES (adverse childhood experiences) perspective to review the impact on the energy body and cognitive/emotional development of young people.

### **Topics**

Explanation of ACES and brief overview - including the ten ACES

Connecting impact of ACES to energy centres

Development of a young person experiencing ACES and the long term effect on the physical, mental, emotional and energetic bodies.

1. Feeling safe

2. Physical wellbeing

3. Relationships

4. Self-esteem/confidence

5. Giving/receiving love

6. Making healthy choices

7. Brain Development

8. Connection to community/others

9. Meditation 101 for helping young people with trauma diagnosis

Reflective practice – cultivating this mindful skill to support teaching trauma informed meditation to young people.

**Outcome** – By the end of this module you will have explored 9 energy centres in relation to trauma.

## **Module 3**

**Title** - Behaviours

**Intention** - How trauma presents itself at different stages of child development while including an energy perspective (explicitly and hidden)

### **Topics**

1. Physical behaviours
2. Emotional signs
3. Mental signs
4. Energy signs
5. Cultural differences
6. Societal conditioning
7. Support for parents
8. Educational influences and practices
9. The role of technology

Energy reflective practice – ‘seeing’ beyond the behaviour

**Outcome** – By the end of this module you will have awareness of how trauma communicates within/without a young person and how this impacts their energy development.



## Module 4

**Title** - Teaching Meditation

**Intention** - clearly identifying what you can/cannot do when teaching young people (with trauma) meditation.

### Topics

- 1.The importance of posture and spacing
- 2.The power of touch and releasing emotional energy in the physical – safely
- 3.Having a structure in a non-routine, heart led practice
- 4.Empowering young people in the meditation exchange
- 5.Peripheral vision – the effect on the nervous system and support for meditation practice
- 6.Setting intention with ‘buy-in’
- 7.The power of the breath to release blocked energy of trauma – safely
- 8.Grounding overwhelm
- 9.Tapping techniques and meditations to reduce a triggered response

**Outcome** – By the end of this module you will have awareness of how to sensitively and intuitively conduct meditation sessions with children with trauma.



## Module 5

### Topic - Safety

**Intention** - Understanding how to engage young people with trauma in a meditation practice that includes safeguarding and compliance awareness.

1. Overview of safeguarding and its limitations (plus signposting to further study)
2. Heart-led boundaries for the meditation teacher
3. Heart-led boundaries for the young person
4. The role of mindful communication
5. Overview of compliance – awareness, signs and how to support a young person displaying compliance
6. Energy meditation to reduce overwhelm and triggers
7. Energy of others – to be or not to be – allowing carer/parental/adult energy in the meditation space
8. Protecting your energy and some common sense!
9. Mindful tapping visualisation – for self practice and to teach

**Outcome** – By the end of this module you will have awareness of how to stay safe and maintain a professional, energetic balance with children who have trauma.



## Module 6

**Topic** - Meditation Benefits

**Intention** - the long and short term benefits for young people learning meditation skills - supporting personal, health and emotional wellbeing.

### Topics

1. Research information and sources that support a trauma informed meditation practise
2. Physical benefits of meditation and their link to emotion and mental energy bodies
3. Compassion and kindness - teaching this superpower (sensitively)
4. Energy aspect of compassion and kindness - why and how it benefits a person with trauma
5. The negativity spiral – tools to help reduce and rebalance the affect of this on day to day life
6. Heart radiance – exploring the heart energy and resonance and how to bring into a meditation practise
7. The healing effect of the energy of 'love'
8. Journalling – using the key to escape the 'self-made' box

**Outcome** – By the end of this module you will have awareness of the key benefits of meditation practise for young people with trauma and how it can benefit their energy.

## Module 7

**Title** - Mindful Awareness

**Intention** - exploring what trauma sensitive mindful practices actually mean for the meditation teacher and the young person.

### Topics

1. What does a trauma sensitive mindful teaching practice look like?
2. The power of voice and tone – connecting to the heart
3. The connecting to others through our ‘teaching’ energy – awareness and applying with reverence.
4. The unspoken ‘script’ of the heart and how to let it guide the session with trauma awareness
5. Observing an energy release and how to support it in a young person
6. Self awareness pre, during and post the teaching session
7. Embracing the critical mind
8. Healing meditation for grief, sadness and other strong emotions

**Outcome** – By the end of this module you will have an awareness of key tools and practices for helping young people with trauma learn meditation.

## Module 8

**Title** - Connecting the 'dots'

**Intention** - Explaining the key issues and mindful approaches for trauma - grounding, power and voice.

### Topics

Grounding - what it means for the physical body re grounding when trauma exists

Grounding – support for the emotional energy body and signs of imbalance

Grounding – signs of imbalance and support for the mental body energy

Power – imbalance of power in the energy system – avoiding the young person’s personal ‘tornado of chaos’.

Power – mindful movement to ground the tornado

Power – helping a young person with trauma learn to embrace the energy of peace

Voice – Energy signs of imbalance in a young person with trauma

Voice The energy gatekeeper and finding the healing key

Voice – building the energy bridge with mindful presence for authentic expression

**Outcome** – By the end of this module you will have a deeper understanding of the role of key energy centres involved in trauma and how this can be explored safely for the benefit of young people.



## Module 9

**Title** – Selfcare & compassion

**Intention**– Your ‘Staying centered toolkit’ to support the meditation teacher and avoid compassion fatigue.

### Topics

1. Signs of compassion fatigue – mental, emotional and physical
2. Energy signs of compassion fatigue
3. The mirrored lesson in each experience and how to work with this.
4. Creating an emotional connection without emotional sacrifice
5. The spiritual law of healing
6. Useful tools for setting energetic boundaries with love
7. The energy reset buttons when compassion fatigue is present

**Outcome** – By the end of this module you will have awareness of what compassion fatigue is, why it happens and how to energetically reset your compassionate heart.

## Module 10

**Title** - Processing the journey

**Intention** - How to help young people engage and collaborate in the meditation experience and how to guide strong reactions.

### Topics

- 1.The silent, energy check-in when teaching
- 2.Energy connection with young people - where do we begin and end perspective
- 3.The 3-step process to understanding the journey of healing meditations
- 4.Recognising your survival pattern
- 5.Holding the energy space for strong reactions
- 6.When to step in to guide strong energy reactions to release
- 7.Accepting the moment – applying the energy of forgiveness

**Outcome** – By the end of this module you will have awareness of the potential of strong reactions, why they occur and what they can suggest for you and your young person with trauma.

## Module 11

**Title** - Reflective practise

**Intention** - the importance of recognising the learnings from each experience and the connection between what you observe and how it reflects in your own personal observations.

### Topics

- 1.What is reflective practise?(an outline)
- 2.Reflective practise from the mental and emotional perspective.
- 3.Reflective practise from an energy perspective.
- 4.The 2-way mirror energy tool
- 5.Using your teaching meditation tools to aid reflective practise
- 6.Reflective practise - the energy switch
- 7.Energy alignment to support reflective practise

**Outcome** – By the end of this module you will have started to explore and combine energy awareness with a reflective practice.