



# TRIBE TALKS

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Presented by Melissa Engle, MA LPC

# Tribe Talks Program-Who We Are

- STARTED IN 2018 by USMC Sgt. and Melissa Engle, licensed therapist.
- BASED ON CONTEMPORARY PRACTICES TO TREAT PTSD AND ANXIETY.
- USES SELF-REGULATION TECHNIQUES AND SOCIAL SUPPORT MODELS TO EFFECT CHANGE.
- FREE! INCLUDES ALL MEALS, LODGING, & THERAPY SERVICES
- LOCATED AT CAMP LIBERTY, S OF JACKSON,MI
- 2 NIGHTS, 3 DAYS (Currently running virtual program, thanks to COVID)
- ACTIVITIES INCLUDE: ART THERAPY, YOGA, EQUINE THERAPY, SELF-REGULATION, MINDFULNESS, GUIDED RELAXATION, SELF-HYPNOSIS, RECREATIONAL ACTIVITY, PSYCHOEDUCATIONAL INTERVENTIONS.

CAMP LIBERTY, Located outside of Brooklyn,  
MI





FRANK AND TWIN POND  
LIBERTY  
OUTDOOR

# What is Stress and Trauma?

- **Stress:** In a medical or biological context stress is a physical, mental, or emotional factor that causes bodily or mental tension.
- Stresses can be external (from the environment, psychological, or social situations) or internal (illness, or from a medical procedure).
- **Trauma:** is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea.

**WHO IS READY TO TRY SOME TECHNIQUES?**

# DIAPHRAGMATIC BREATHING

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- Place your hands on your belly as a guide to the breath. Begin to consciously slow and smooth out your breath. Just noticing the rhythm of the breath through inhalation and exhalation. Now focus on bringing a deeper breath into the belly. Exhale and do a full 5 count each time. Try to pause for just a moment in between breaths and notice the fullness/emptiness in your lungs.
- Do this for 10 cycles of deep inhalation and exhalation. Do this for 5 minutes twice per day and whenever you feel you are not in a relaxed body.

# THANK YOU FOR COMING!

To share your vulnerability takes courage; it is not a sign of weakness to ask for help, it is proof of your bravery.

- ❑ For more information:
- ❑ Contact Melissa @ [tribetalksprogram@gmail.com](mailto:tribetalksprogram@gmail.com) or
- ❑ 586-222-3391
- ❑ Visit and like Tribe Talks on Facebook
- ❑ [www.nimh.nih.gov](http://www.nimh.nih.gov) for resources and information
- ❑ [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)
- ❑ VA Crisis Line 1-800-273-8255,press 1