



Impact 2019

Stabilize

In 2019, we clarified, implemented, and amplified our unique perspective for creating change. Where other approaches often try to do too much, too fast, we teach people to lay a lasting foundation for change. By learning to stabilize first, people, organizations, and communities prepare their personal and collective systems for change.

Last year we developed and launched Roadmap to Resilience. This 1-hour, online class introduces people to the Resilience Toolkit, our groundbreaking, trauma-informed framework for healing. We discovered that having a strong understanding of the mechanisms of stress and trauma in the body combined with a clear path for addressing these issues, stabilizes participants and prepares them to embody the lessons in the full Resilience Toolkit workshop series.



"I think every therapist should be required to take this class! I wish when starting my healing journey that I had had this information, I totally dove straight in and was constantly re-traumatizing myself to the point of getting constantly sick and nobody explained to me even the idea of re-traumatizing oneself. ~ Anonymous

Heal

Through both our community offerings and organizational programs, we empowered thousands of people with new frameworks for healing, practical tools for self-regulation, and innovative ways of approaching both personal growth and positive systemic change.

How did we serve 6550 individuals?

We offered



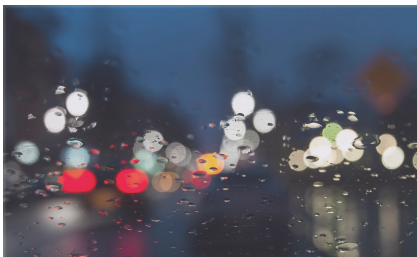
Roadmap to Resilience ♦ Intro to The Resilience Toolkit
Post-Certification Mentorship ♦ Organizational programs ♦ Media appearances
Internship sessions ♦ Certification trainings ♦ Individual sessions

Who were some of our 60 partners?



Resource

We equipped individuals, organizations, and communities with tools that help them better navigate and manage the stressors and struggles of daily life.



"A few weeks after completing your three-week on-line training, I was in a car accident.

I know from previous accidents that I tend to go into freeze - to get numb and remain poised to handle all the details, but because of what I learned in the training, I knew the best thing I could do was allow my body to shake it off.

I walked away from the car with nothing more than some sore muscles and an airbag burn, and the very next day I hosted an art workshop in my home as planned. I was also back on the highway driving at night in my rental car days later.

There are still feelings of grief and anger about the hit-and-run, and I have some stiff muscle, but there is no residual trauma in my body because I discharged it in the moment.

Thank you so much for your powerful practices you instilled not just in my mind, but in my body. My body remembered them when I needed it most, and my mind knew the best thing I could do was trust it."

~ Nancy

Grow

2019 marked the beginning of a new phase for Lumos Transforms. We have a big vision: inspire a global movement of deep healing and transformation. In pursuit of this vision, we made several conscious and strategic decisions. By developing and nurturing our international relationships, we expanded our reach and connected with people all over the world. As a result of our work in 2019, we are bringing additional workshops, trainings, and certifications to locations outside the US.

Seeding programs globally

✦ **South Africa** – We trained graduate students from nine South African universities as part of the Tirisano Training Programme, an NIH-funded consortium in partnership with the University of California Los Angeles.

✦ **United Kingdom** – We teamed up with Healing Justice London to bring the Resilience Toolkit to The UK. By request, we created virtual follow up sessions and a UK-based certification cohort is planned for 2020.



"You have developed an impressive and life-changing model." ~ Cheryl Grills, Ph.D.

Mentoring changemakers



We continued to develop and expand the Resilience Toolkit Certification Program. 2019 ushered in our most diverse group of trainees yet.

2019's trainees self-identify as: psychologists, coaches, parents, writers, students, physical therapists, counselors, marketing professionals, domestic violence advocates, restorative justice trainers, leadership consultants, program coordinators, and more.

They speak: English, Spanish, French, German, Bengalese, Portuguese.