

Trauma-Informed Seva in Crisis and Disaster

A Training Module for Sikh Dharma Ministers
presented by the Office of the Secretary of Religion



Additional Resources and Training



We offer suggestions on some additional resources for learning more about serving in crisis and disaster situations, if you would like to further learn more about this topic.

Kundalini Yoga for Trauma & Crisis

[KRI Crisis Kit – Kundalini Yoga for Stress and Crisis](#)

[The Science of Kundalini Yoga for Trauma and Addictions \(article\)](#)

[Reclaiming Life After Trauma by Julie Staples, PhD and Daniel Mintie, LCSW](#)

Professional Trauma Counseling Services & Courses

[Gurucharan Singh Khalsa, PhD, Practicing Psychotherapist, Claremont CA](#) – A licensed psychotherapist, Dr. Khalsa is also in the process of developing and researching the benefits of Kundalini Yoga-based therapeutic programs.

[Shanti Shanti Kaur Khalsa, PhD, Guru Ram Das Center for Medicine & Humanology](#) - Courses on yoga therapy and trauma-informed Kundalini Yoga for Recovery from Post-Traumatic Stress Disorder.

[Emotional Freedom Techniques \(EFT\)](#) - online training in this mind-body approach to treating traumatic or stressful memories and experiences.

Disaster Response Training & Volunteering

The [American Red Cross](#) provides FREE disaster training for all volunteers. Trainings are both online and in-person depending on the course. Contact your local Red Cross office for training and volunteer information or [visit their website](#) to volunteer. Or [learn more](#) about how the Red Cross volunteers support international disaster efforts around the world.