



4 Points Builds a STAR

Engaging the Veteran & the Family for Wellness



Two Day Trauma-Informed Training Program

Purpose and Goals:

Explore the impact of trauma and adverse events on the brain, body, experience and function.

Understand the significance of infant attachment and adverse childhood experience on the brain, the body, self-regulation and how it contributes to functioning in military life.

Examine the combat stress and trauma that military life can bring to the military man or women and their family

Recognize the symptoms of trauma and coping methods that negatively impacts Veterans and their families

Recognize the symptoms of secondary trauma that negatively impact service providers and methods for self-care.

Understand the significance of safe and supportive relationships to reintegration and resiliency.

Develop safe and empathic engagement skills in order to encourage the Veteran and family in holistic well-being.



Shad Meshad LCSW, CTS, President of the NVF, is a leading expert in the area of veteran reintegration and the trauma associated with military experience. In 1978, he founded and co-authored the Vet Center Program. In 1985, he founded the National Veterans Foundation to fill the unmet need of a national helpline. Shad has served as President and Board Member of the Association of Traumatic Stress Specialists, as President and on the Board of Directors of the Green Cross Project, and currently serves on the faculty of the International Critical Incident Stress Foundation.

Melinda Meshad, LCSW has over twenty years working with individuals and families. She has focused her career serving populations that experience high rates of trauma including ten years in child welfare and over five years with the National Veterans Foundation. She currently has a private practice in Los Angeles and is the author and trainer of *4 Points Builds a STAR* trauma-informed training.

4 Points Builds a STAR is a comprehensive trauma-informed training that provides an understanding of trauma and the impact that it has on individuals. The active ingredient in the STAR building program is its emphasis on full engagement. This involves both building human adaptability and teaching the skills required to promote resilience. For those who serve populations that struggle with post-traumatic stress, this is an invaluable training.

*Charles R. Figley
Kurzweg Chair and Distinguished Professor of Disaster Mental Health
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SHAD MESAHD IS APPROVED BY THE CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS TO SPONSOR CONTINUING EDUCATION FOR LMFT'S, LCSW'S, LPCC'S AND LEP'S. SHAD MESHAD MAINTAINS RESPONSIBILITY FOR THE PROGRAM AND ALL ITS CONTENT

For further information or to inquire into training, contact Shad at National Veterans Foundation 301-642-0255 or email shad@nvf.org