

# Learn How to Empower & Transform the Lives of Holocaust Survivors & Other Older Adults with a History of Trauma

Book a program, workshop, training session or inspiring keynote with Myra Giberovitch, a leading authority on recovery from genocidal trauma.

Holocaust survivors are among the oldest living populations of genocide and war. Although they have been inspirational in teaching humanity about the capacity of the human spirit to overcome adversity, aging is taking its toll. Past vulnerabilities are emerging that require specialized services and trauma-informed compassionate care. Services and practices learned from working with Holocaust survivors can be adapted for other older populations of traumatic life events.

- Are you assisting or caring for Holocaust survivors and other older adults of traumatic events and/or their adult children **in your community or health care facility?**
- Is your social service, long-term care or non-profit organization trained **to provide the appropriate type of assistance?**
- Do you need guidance to inform and enrich your practices, educate your staff and volunteers—and **ultimately help survivors recover from trauma?**

Tap into Myra's knowledge and expertise to help your organization develop sensitive, cutting-edge services and programs designed to make a powerful impact on the lives of survivors and their families.

## Custom-designed workshops on trauma-informed practices and services

- Understand the impact of aging on survivors of past trauma
- Integrate a strengths-based approach into practice
- Become aware of current issues in providing care to survivors
- Help survivors deal with their traumatic grief
- Establish practices and services to avoid re-traumatization
- Learn strategies to prevent and manage environmental triggers
- Learn about activities that provide meaning and purpose
- Integrate knowledge about trauma into agency policies, procedures and practices

## Consultation and clinical supervision

- Employ interventions and create programs that empower survivors
- Deal appropriately with survivor related issues
- Enhance therapeutic interventions and clinical practice skills
- Become sensitized to the effects of the Holocaust on Second Generation (2Gs)
- Understand the Impact of caregiving on 2Gs
- Learn self-care practices to transform vicarious trauma to vicarious resilience

## Service networks and programs that facilitate recovery and provide meaning and purpose

- Group trauma recovery models
- Peer to peer support
- Commemorative events
- Intergenerational dialogues
- Memoir projects and books
- Creative expression of experiences
- Volunteer activities
- Oral history/video programs

## Wish fulfillment fundraising & sponsorship

- Fundraising programs to fulfill the final wishes of Holocaust survivors

## Speaking engagements

- Legacy of the Holocaust: A Personal Perspective
- The Vulnerabilities and Strengths We've Inherited from Our Parents
- Life Lessons Holocaust Survivors Teach
- The Resilience of Holocaust Survivors
- Shadows of the Past: From Darkness to Light
- Survivors' Contributions to Humanity

Help survivors recover from trauma—and rediscover meaning and purpose in life!

Contact Myra Giberovitch today for a complimentary consultation: [myra@myragiberovitch.com](mailto:myra@myragiberovitch.com) | [www.myragiberovitch.com](http://www.myragiberovitch.com)

# Genocidal Trauma Consultant, Trainer, Author, Professor and Speaker

**Myra Giberovitch** is a consultant, trainer, therapist and authority on genocidal trauma recovery. A trailblazer in the field, she started the first community-based social service program for Holocaust survivors in Canada and is internationally recognized as a pioneer in this area. **A keynote speaker, TEDx alumna and media commentator**, Myra shares her knowledge, expertise and experiences across diverse media. Most notably, she is the author of *Recovering from Genocidal Trauma: An Information and Practice Guide for Working with Holocaust Survivors* (University of Toronto Press, 2014).

**As a licensed social worker and Adjunct Professor of Social Work at McGill University**, Myra brings more than 30 years of experience in social work practice and teaching, focused on helping survivors of genocidal trauma. She's worked with survivors and their families as a therapist, group worker, program manager and supervisor, advocate, community layperson and researcher. She advocates a "strengths-based" and "trauma informed system of care" that places people, their preferences, capabilities, and recovery at the centre of service models and individual and group interventions. This approach moves away from a deficit model of mental health to one that is competence and strengths based.

In her core practice, Myra is a therapist who works with survivors and their families. She advises healthcare and social service providers on the development of specialized service networks and programs that empower survivors, facilitate recovery and provide meaning and purpose. Myra also conducts cutting-edge workshops for professionals and volunteers who seek sensitivity training in their interactions with survivors. These custom-designed workshops filled with practical techniques, draw upon current research from trauma, neuroscience, gerontology and Holocaust studies. They educate participants about survivor related issues and enhance their practice skills.

Myra's string of accolades, national and international conference presentations, trainings, research and speaking engagements attest to her sterling reputation in the field.

## A daughter of Holocaust survivors

Myra is the daughter of Holocaust survivors from the Lodz Ghetto and Auschwitz. Her family emigrated from Israel to Canada in the early 1950s and settled in Montreal where she grew up. Myra is the proud mother of three children and grandmother to seven grandchildren. She now lives in Toronto, Ontario, Canada.



**Myra Giberovitch** M.S.W., R.S.W

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