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Farah Dahabi is a Clinical Social Worker from the US who leads the Mental Health First Aid UAE program. She has expertise in workplace mental health, grief, trauma, depression, anxiety, and adjustment issues.



ONLINE WEBINAR

# HEALING AFTER TRAUMA:

## Developing a Deeper Understanding of Trauma Reactions following a Road Traffic Accident

**Date:** Tuesday, 28th February, 2023

**Time:** 10am - 11am

This is a 45-min webinar followed by 15-mins for Q&A and discussion.

When an individual's mind and body has experienced physical danger, our survival instincts and mode of operation kick into action. Existing in a state of 'survival' can last for various periods of time for everyone depending on their interpretation of the trauma they endured and the impact it has had on their life. This session will consider a deeper exploration of the impact of experiencing or witnessing a road traffic incident on an individual's internal assumptions about the world, and the greater impact this can have not only on emotional wellbeing but also on our overall physical wellbeing and engagement with life.

*The **Healing After Trauma** platform curated in partnership with OnStar - the pioneering safety and connectivity technology from General Motors, spans a three-part webinar series and a guided art workshop, to offer complimentary health and wellness insights and aid, targeting anyone who has directly, or indirectly, been impacted by a road traffic incident.*

### WHO SHOULD ATTEND:

Anyone who has directly, or indirectly, been impacted by a road traffic incident.

### ATTENDEES WILL WALK AWAY WITH:

- A recap of what Acute Stress Disorder and Post Traumatic Stress Disorder are.
- Developing an awareness of psychological safety assumptions and how these may be altered after experiencing a traumatic incident.
- Practical tips and tools for healthy ways of coping with, and reforming psychological safety assumptions.
- Knowing the signs that you may need additional support.



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REGISTRATION LINK: <https://bit.ly/3H0HYbr>

Instructions for how to join will be shared separately in advance. **\*This session is confidential, and attendance is anonymous.**