



Luminary Therapy

Mentorship Program

Unraveling the
Threads of Trauma:
Mentorship for
Trauma Practitioners

Curated and led by :
Jewel M. Cunningham
LCSW



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About Us



Trauma Informed Mentorship Program

Our trauma informed mentorship program is designed to provide dedicated support and guidance to healing professionals seeking to enhance their skills in working with trauma survivors. Our mentorship provides a comprehensive understanding of trauma, equipping providers with specialized knowledge, skills, and techniques to create a safe and transformational healing space for clients.



Our Approach to Mentorship

Holistic Approach

Our mentorship emphasizes a holistic understanding of trauma, considering the complex interplay between mind, body, and spirit. Mentees will learn how to integrate somatic, cognitive, and emotional approaches to promote comprehensive healing.

Specialized Skill Development

Mentees will receive support in skill development in evidence based trauma practices. The primary modality of practice will center on somatic models, relational work, and working through trauma re-enactments. We encourage members to dedicate time to their connection to mind-body as a way to enhance connection through somatic approaches. This mentorship is not a training, though priority is placed on skill development, practice of these skills with other members, and integration on one's learning.

Self Care and Vicarious Resilience

It is important to recognize the potential impact of working with trauma. Our mentorship emphasizes cultivating self care practices and promoting resiliency. Mentees will learn strategies to prevent burnout, establish healthy boundaries, and prioritize their well being. This includes practical self care routines, managing professional situations that often arise in the field, and learning to navigate obstacles related to entrepreneurship or navigating employment within this field.

Cultural Sensitivity

We emphasize the importance of cultural sensitivity and trauma informed care across diverse populations. We work to collaborate as a group on becoming more aware of the intersection of culture, identity, and trauma as a vehicle for exploring where our own biases interfere with our work.



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Group Structure

Weekly Support

Our group will meet weekly via zoom for 60 min. We will feature a variety of topics depending on group needs. After the group is established, we will move towards skill development in a format similar to below:

Week One: psycho-education around a topic of trauma and how this relates to the skills we intend to develop and practice.

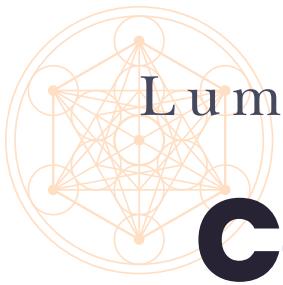
Week Two: practical use of psychoeducation -- including but not limited to how to apply the psychoeducation, practicing providing education to clients, and use

Week Three: psycho-education on a topic of trauma and how this relates to skills we intend to develop and practice.

Week Four: application of skills via case presentations. We will discuss how skills are working or not working and problem solve these issues together. This also includes navigating our own regulation within the space with clients and how our activations impact the work (both in a helpful and unhelpful way).

***5th Week of the Month:** months with a 5th week will be dedicated to community building and self care.





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Community Values



Low to No Cost Mentorship

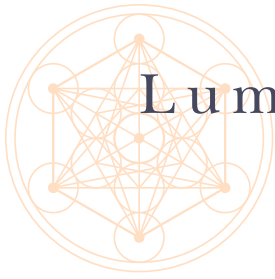
At this time, we are offering three weekly community groups. Half of the spots will be low to no cost to our members. We believe in cultivating community, providing quality education, and supporting new healers regardless of financial situation. We understand how the financial constraints that practitioners face -- especially in the early stages of one's career -- impact one's ability to have time for trainings or be able to afford them. Mentorship at this part of our development is often inaccessible, even though it is the time we need it the most.

Fee Structure

At this time, we are offering this mentorship for \$100/mo. This breaks down to \$25 per session. Each program lasts ~3 months in duration.

We understand that this may not be affordable for all members. For this reason, we will reserve 50% of the entire program slots for sliding scale.

Our lowest membership fee is \$5/group -- the equivalent to less than a coffee! If you are experiencing financial difficulties or uncertain of your ability to afford this program, please reach out to Jewel Cunningham at the information provided at the end of this brochure.



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Meet your Mentor

Jewel M. Cunningham LCSW

Welcome! I'm Jewel Cunningham, a licensed clinical social worker (LCSW) dedicated to supporting individuals on their path to healing and empowerment. With a specialization in trauma treatment and a passion for utilizing somatic experience and relational techniques, I strive to create a safe and nurturing space for clients to explore their unique journeys.

As a mentor, I am deeply committed to fostering the growth and development of emerging practitioners. I believe that each individual possesses unique transformational powers within themselves, and my role is to guide mentees in accessing and harnessing those strengths. Through our mentorship journey, I strive to create a supportive and empowering space where mentees can cultivate their authentic voice, expand their therapeutic skills, and tap into their innate potential. Together, we explore personal and professional growth, encouraging mentees to step into their own power and create meaningful change in their lives and of those they serve. I am passionate about equipping mentees with the tools, knowledge, and self-belief necessary to thrive in this field.



Specialized Skills and Training

- CPT LISTED PROVIDER** 2019
Trained through Stanford/NYU Research Consortium
- SOMATIC EXPERIENCE** 2019
Training through SE Institute. Advanced Level Practitioner
- THE TAO OF TRAUMA** 2023
Theoretical integration of clinical concepts from Western neuroscience and the Five Elements of Chinese Medicine to support trauma survivors through each phase of the self-protective response

Education

- UNIVERSITY OF CALIFORNIA, SAN DIEGO** 2012
BA in Psychology; additional coursework in American Sign Language
- UNIVERSITY OF SOUTHERN CALIFORNIA** 2018
MSW in Social Work; emphasis in clinical social work

***See website for additional trainings and information



Get in touch with us!

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