

The Sanar Institute is dedicated to healing individuals and communities impacted by trauma.

OUR MISSION

The Sanar Institute provides trauma-specific services and support to individuals and communities impacted by interpersonal violence and complex trauma.

Building Empowered Lives Free of Violence

Sanar works globally to address the impacts of traumatic events with a specific focus on all forms of human trafficking and interpersonal violence through both direct service provision and capacity strengthening initiatives.

Sanar has worked throughout the United States, East Asia, Latin America, and West Africa as a leader in the provision of customized training and technical assistance.

Sanar prioritizes trauma-informed and person-centered approaches for organizations and institutions working with individuals, families, and communities that have experienced or are vulnerable to interpersonal violence.

Our Approach

The Sanar Institute strives to ensure access, understanding and person-centered approaches are used in supporting individuals impacted by interpersonal violence including:

- Human Trafficking
- Image-based Abuse
- Intimate Partner Violence
- Sexual Violence
- Trauma Based on Marginalization and Oppression
 - Specialization work with LGBTQ+, BIPOC, and Immigrant Communities
- Intergenerational and Historical Trauma
- Other Forms of Interpersonal Violence

Sanar utilizes a three pronged approach to support trauma healing and reduce incidences of violence at the individual, community and institutional level.

Direct Services for Individuals and Communities Impacted by Trauma

Sanar provides trauma specific, culturally informed, evidence-based mental health services, trauma-sensitive coaching, groups, and survivor leader support for individuals and communities.

Training and Technical Assistance for Stakeholders Working in Allied Interpersonal Violence Fields

Sanar provides training and technical assistance on the provision of trauma-specific, person-centered care and specializes in building trauma-conscious responses to interpersonal violence.

Workplace Wellness Services

Sanar provides customized organizational wellness training, assessments and coaching services to support workplace wellness for teams that are exposed to secondary and vicarious trauma through their work in allied interpersonal violence fields.



Healing is a Human Right

Sanar Institute

www.sanar-institute.org



Sanar's Wellness Center provides specialized trauma healing services to survivors of interpersonal violence.

Sanar's services empower individuals that have experienced trauma to move beyond these experiences and build lives that are fully thriving. Through individual therapy, survivor support sessions, group support, and community healing workshops, Sanar's team of clinicians walk side by side with clients to build safety, resiliency and hope.

Sanar's Wellness Center is in a convenient, confidential location near Newark Penn Station. Services are offered remotely using a HIPPA compliant tele-health platform. Services are available in English and Spanish, with interpreters available for other languages.

Services include:

- Individual Therapy
- Group Therapy
- Healing Workshops
- Community Workshops
- Survivor Leader Support Sessions



Sanar utilizes evidence-based and promising practices including:

- Eye Movement Desensitization and Reprocessing (EMDR)
- Mindfulness-Based Stress Reduction
- Trauma-Sensitive Yoga
- Animal-Assisted Therapy
- Expressive Arts and Music Therapy
- Narrative Therapy
- Movement-Based Therapy
- Dialectical Behavioral Therapy Skills
- Somatic Experiencing Skills
- Internal Family Systems Therapy Skills



Thrive Initiative

Sanar's Thrive Initiative is home to a diverse portfolio of training and technical assistance projects to support stakeholders in building, integrating, and expanding trauma-conscious and person-centered practices in allied interpersonal violence fields including:

Project TRUST (Trauma Response to Uplift Survivors of Trafficking)

Sanar, in collaboration with the U.S. Committee on Immigrants and Refugees and Brandeis University, provide national training and technical assistance on trauma-informed practices for stakeholders working with survivors of all forms of human trafficking.

Issue-Specific Training

The Thrive Initiative provides diverse training and technical assistance for state, federal, and NGO stakeholders on trauma-conscious and person-centered care including the New Jersey Division on Women, Office for Victims of Crime Training and Technical Assistance Center, and the National Human Trafficking Training and Technical Assistance Center. Sanar also works internationally with allied sister organizations to build trauma-conscious programs in West Africa, South Asia, and Latin America.



Workplace Wellness Initiatives

The Sanar Institute is an expert leader in the provision of customized training and coaching initiatives for frontline staff and organizations working with survivors of complex trauma to support organizational wellness and sustainable solutions. Sanar specializes in providing trauma-informed support to professionals who may be exposed to primary or vicarious trauma in addition to other work-related stressors and works with each organization to identify challenges and develop tailored solutions.

This approach has led to the creation of Sanar's **Building Empowered, Sustainable, and Thriving (BEST)** workplace program. The BEST program ensures organizations are equipped with the knowledge, tools and ability to customize, develop, and maintain strong workplaces that foster wellness, person-centered supervision, proactively reduces the impacts of vicarious trauma, and provides excellent trauma-informed client work.

We accomplish these goals through:

- Organizational Wellness Assessments
- Curricula Development
- Organizational Wellness Sustainability Plans
- Individual Wellness Sessions
- Training Programs
- Leadership and Front-line Staff Coaching Programs

