

# WRESTLING GHOSTS

## HOW TO ORGANIZE A SCREENING

Watching *Wrestling Ghosts* in community can be very powerful and serve many purposes. *Wrestling Ghosts* opens heart and shows both the impact of childhood trauma and the process of recovery. You may want to show it to your staff as part of their training, so they can develop more compassion and understanding for parents and children alike. *Wrestling Ghosts* is also a great platform to build community: it speaks directly to parents, and it shows the many path to recovery, from neurofeedback to talk therapy, thus creating an opportunity to connect providers to the people needing their support in healing.

Here's a quick guide to organizing a screening. Take a look, and if you still have questions, don't hesitate to email us: [info@WrestlingGhosts.com](mailto:info@WrestlingGhosts.com)

1. If you are a student, an admin or professor at a University, reach out to your library and request for them to purchase the educational license for the movie. You can also ask a professor or a student club to support you in your request and/or to organize a screening. Let us know if you need help!
2. If you are individual who wants to watch in community but doesn't want to organize a screening ask your librarian to organize a screening. Many libraries have a budget for purchasing screening licenses and organizing events.
3. If you, or your organization, are excited to share *Wrestling Ghosts* with the public, here are some pointers to organizing a successful screening:
  - a. First ask yourselves a few questions: What is your budget? How many people would you like to reach? What are your goals (internal training of staff, community building, education, outreach, etc.)? Do you have a specific audience (parents, educators, providers?) Where would you like to screen? (A local theater, the gymnasium or theater of the local high school or university, the library...) Will you charge an entrance fee?

- b. The most important step is to Identify your partners: who shares interest in this issue in your community? would they like to participate? Partners can host the event, table, sit on the panel afterwards, and promote. Keep in mind: the more partners, the more outreach power!
- c. Once you have your key partners, choose a location, a date and time. Create a FB event and, if you are going to sell tickets, create a online ticketing page (such as EventBrite.)
- d. Remember: a great Keynote speaker, or a well thought-through panel goes a long way to guaranteeing a successful screening!
- e. A screening is an opportunity to build community! Take some time to research who the trauma-informed providers are in your community. Some of these providers might become partners, sit on the panel or table the event. But there are more providers in the community than seats on the panels! But you can support your local providers and the audience by creating a resource list of local providers: Research the following keywords to find providers in your area: therapist, parenting coach, Emotional Freedom Technique, EMDR, hypnosis, acupuncture, nutrition, mindfulness and meditation, yoga, etc. You can also reach out to college department, specifically Women's Studies and Mental Health departments. Then reach out and invite them to the screening and offer for them to share their practice with your audience. We have a form on our website where providers can enter their information. From their entries, we'll generate a handout for you to share with your audience.  
<https://www.wrestlinghosts.com/traumainformedproviders/> We have found that local providers are a core part of our audience and very dedicated to getting the word out.
- f. Share with us the details of your event so we can promote on our site and social media.
- g. Invite all your partners to email their list and to share the FB event!