

Trauma-Informed Care Workshop

Upon Request:

This half-day interactive workshop is for individual service organizations and their employees. It will lead participants in a conversation about:

- What is trauma?
- What it means to be trauma-informed.
- How to integrate a trauma-informed perspective into our daily interactions.

Workshops in Winnipeg and within a two-hour commute can be delivered at your work place.

Workshops more than two hours outside of Winnipeg will be delivered via tele-health.

- Half-day workshop: \$50 honorarium

To schedule a Trauma-Informed Care Workshop, please contact Holly Lowe at 1-204-784-4091 or hlowe@klinik.mb.ca.

At Klinik:

Basic information for the general public, this half-day interactive workshop leads participants in a conversation about what is trauma, what it means to be trauma-informed and how to integrate a trauma-informed perspective into our everyday interactions. Registration: \$10 per person

To register for a session at Klinik please contact Leslie Debrecen - ldebrecen@klinik.mb.ca or 784-4206.

Trauma Informed Toolkit

To view the Trauma-Informed Toolkit, go to www.trauma-informed.ca. Toolkits are available for purchase:

- \$15 each (includes postage) for orders of 1-9 copies.
- \$10 each (PLUS shipping) for orders of 10+ copies.

Training Schedule

Becoming Trauma Informed (two-day):

September 21 & 22, 2011	Winnipeg
October 26 & 27, 2011	Winnipeg
November 23 & 24, 2011	Winnipeg
December 8 & 9, 2011	Swan River
January 18 & 19, 2012	Winnipeg
January 26 & 27, 2012	Brandon RHA
February 15 & 16, 2012	Winnipeg
February 23 & 24, 2012	NEHA/IRHA
March 14 & 15, 2012	Winnipeg
March 15 & 16, 2012	S. Eastman Health

Teaching Grounding Techniques to Counsellors (one-day):

November 14, 2011	Winnipeg
March 26, 2012	Winnipeg

Trauma-Informed Care Workshop (half-day, 9:00AM to 12:00PM):

2011: September 21, October 19, November 23
2012: TBA (www.klinik.mb.ca/workshops.htm)

Pre-registration is required for all sessions.

All dates are subject to change; locations TBA. Please visit our website for updates.
<http://www.klinik.mb.ca/workshops.htm>

Trauma Informed Care for Managers and Policy Makers:

October 18, 2011	2:00 to 4:00 PM
November 29, 2011	10:00 AM to 12:00 PM
February 15, 2012	2:00 to 4:00 PM
March 12, 2012	9:00 to 11:00 AM

To register contact Leslie Debrecen:

Email ldebrecen@klinik.mb.ca
 Phone **1-204-784-4206**.

Note: Minimum two-week notice of registration cancellation required for full refund.



www.Trauma-informed.ca

TRAUMA
 TRAUMA
**BECOMING
 TRAUMA
 INFORMED**

**TRAININGS
 & WORKSHOPS**



TRAUMA

Psychological trauma plays a significant role in shaping the emotional, mental, physical and spiritual well being of those seeking help from health care and social service providers. Many people who seek the services of our public health system have histories of trauma. Service providers play a pivotal role in that system by supporting the process of recovery and healing of people who are trauma affected. Given that one in four people in Canada will experience some type of trauma in their lifetime and one in ten suffers from post-traumatic stress, it is critical that health care and social services are trauma informed.

What is trauma-Informed?

When a trauma has occurred, it changes a person's sense of self, sense of others, and beliefs about the world around them. Trauma informed means being aware of and sensitive to trauma-related issues present in survivors. A trauma-informed system considers and evaluates the role that violence and abuse plays in the lives of people seeking health, mental health, spiritual and addiction services. That information is then used to design and deliver services that accommodate the vulnerabilities of trauma survivors. As such, it is delivered in a way that avoids inadvertent re-traumatization, and promotes healing, recovery and well being. (Harris & Fallot, 2001)

Through funding from Manitoba Health, Klinik Community Health Centre has developed a two-day training and a half-day workshop to enhance the capacity of organizations and individual clinicians to deliver trauma-informed services and individual counselling.

TRAUMA

Becoming Trauma Informed: Mind/Body Approaches To Creating Connection (2-day)

Registration: \$50 per person

This two-day interactive and dynamic training session is for service providers with:

- training and experience in counselling, and
- a basic understanding of the counselling and recovery process.

The training explores trauma-informed counselling by:

- inviting participants to consider new paradigms,
- understanding the core components of trauma recovery,
- defining trauma and its impact on a continuum,
- exploring the neurobiology of trauma through current brain research,
- linking theory to practices to skillfully work with flashbacks and dissociation,
- applying the tools of mindfulness to trauma recovery through experiential learning within the workshop, and
- examining ways in which mindfulness practices may assist trauma survivors to cope with fight/flight/freeze responses to triggers in their lives

Participants will learn to:

- care for their emotional self and lessen the impact of vicarious trauma,
- better understand the impact of trauma,
- talk about trauma with clients and

- build a therapeutic relationship that empowers trauma survivors and give them control of their own healing.

At the end of the training, participants will feel more confident and equipped to use the counselling and recovery process to support people affected by trauma.

Additional information:

- Each training session is limited to 20 participants.
- Each participant will receive a training package that includes a resource guide on trauma.
- Training builds on information presented in the "Trauma-Informed Toolkit".

Teaching Grounding Practices to Counsellors (1-day)

Registration: \$75 per person

One of the most useful outcomes of the recent findings in the study of emotional and physical stress is that the quickest way to calm the mind is to calm the body. An overactive limbic system that drives the body's physiological responses to stressors can be calmed by the breath in sitting meditation and slow movements like those practiced in yoga, tai chi, qi gong or walking meditation.

These mindfulness practices can be learned relatively quickly by both counselor and their clients and, if practiced regularly, can facilitate a faster recovery from periods of high stress or reactivity.

A daylong workshop on mindfulness would focus almost entirely on learning grounding techniques by practicing them and exploring the physical and mental features of that experience. The practices would be selected from ones used by counsellors at Klinik presently with clients as well as those that are a part of an eight-week Mindfulness Based Stress Reduction Group process developed by Jon Kabat-Zinn. A brief rationale from the neuroscience and psychotherapy literature would be offered to introduce these practices.

- Awareness of breath meditation
- Qi Gong
- Mindful Walking Meditation
- Three Minute Breath Meditation
- Yoga stretching
- Present Moment Awareness Exercise: eating, noticing environmental cues, listening, etc.

Mindfulness Based Stress Reduction (MBSR) For Service Providers

Service Providers interested in further developing mindfulness skills, see details of our MBSR Group for Service Providers at <http://www.klinik.mb.ca/balance.htm>.

Trauma Informed Care for Managers and Policy Makers

People affected by trauma are high users of health care and social services and are frequently overly represented within these systems. The extent of this problem and its affect on these systems is enormous and yet it has been largely hidden and overlooked. Although trauma may be central to many people's difficulties in most health and social service settings their trauma is seldom identified or acknowledged and services are provided without a knowledge that a trauma has occurred. At a time when human services are being increasingly stressed and strained by growing demands and limited resources, trauma informed care has the potential to: enhance the effectiveness and efficiency of any service, improve communication between client and service provider, increase job satisfaction, increase staff wellness and above all improve positive outcomes for the people these systems serve. Any and every human service can and will benefit from being trauma informed. To do so it is essential that managers, decision and policy makers are themselves trauma informed.

This **FREE** two hour workshop has been designed specifically for senior managers and policy makers. Participants will acquire an understanding of what trauma informed care is, what the benefits are to an organization in adopting a trauma informed perspective, and how to translate trauma informed knowledge into policy and practice.