Foundations of Trauma Informed Care: Training Components

**What is Trauma?**
- Three E's (SAMHSA)
- Individual and collective
- Systemic and historical
- Different types of stress
- Prevalence
  - *Skill:* Broaden one's lens of what we mean by trauma

**The Science of TIC**
- Four R’s (SAMHSA)
- The difference between trauma specific and trauma informed
- Six Principles of TIC (SAMHSA)
  - *Skill:* Articulate why TIC is important

**What is TIC?**
- NEAR
- Toxic stress and the functions of the brain
- Organizational change
  - *Skill:* Understand the possible “why” behind an individual’s ways of thinking, behaving, and relating

**Intro to the Application of TIC**
- Principles of TIC, operationalized
- Emphasis on inclusivity
  - *Skill:* Identify strategies for promoting TIC in one’s work

**Intro to Workforce Wellness**
- Parallel process and why it’s important
- Vicarious trauma, secondary stress, burnout, vicarious resilience, and compassion satisfaction
- Self-care versus workforce wellness
  - *Skill:* Begin to recognize one’s activation points at work

*Promoting Prevention Oregon Committe to Wellness*