

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

What is TIC?

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

The Science of 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