Introduction to Trauma Informed Care Online Training Modules

Module 1: What is Trauma Informed Care?

Suggested questions for consideration and/or discussion
After you view the video content for this module, we invite you to use this set of questions for personal reflection, or to guide a group discussion. If you use these questions in a group, we encourage you to also create group agreements pertaining to confidentiality, group dynamics and expectations, and opportunities for follow-up.

1. What did you newly notice about how trauma is defined?

2. Historically (or in some cases currently), how has the industry you work in contributed to systemic oppression?

3. What resistance do you notice that you have (or have heard other people have) to trauma informed care?