



# Trauma Healing Project : Winter-Spring 2020 Trainings

## **Trauma-Informed Care Basics & Crisis De-escalation**

Professionals in primary care, behavioral health and other social services settings need up-to-date information and practical skills to remove barriers and improve outcomes for survivors of trauma and adversity. This training covers the prevalence and impact of trauma, guiding principles of trauma-informed care, strategies for preventing and managing vicarious trauma, and techniques for managing and deescalating crises. *April 10th 8:30-4:30*

## **Trauma-Informed Ethics, Boundaries, and Communication**

This training is intended for healing professionals who want to feel competent and compassionate providing care for clients who have been impacted by trauma and toxic stress. Participants will learn to recognize the impacts of trauma on a person's physical, mental, and emotional functioning, develop insight into their own reactions, and gain skills for remaining grounded and present while working with traumatized individuals.

*For Bodyworkers: May 8th 8:30–4:00 Satisfies CE Ethics requirement.*

*For Mental Health Professionals: TBD Satisfies CE Ethics requirement.*

## **What We Know About Healing: From Traditional to Evidence-Based**

Individual and collective trauma and adversity have been part of life throughout human history, as have efforts to survive and recover from them. Modern approaches to trauma have roots in traditional healing systems that have been in use for thousands of years. Community members, including professionals, are invited to explore what is common and what is different in current trauma healing practices. *TBD*

## **Sustaining Ourselves: Workforce Wellness in the Face of Trauma**

This workshop is for professionals who work with survivors of trauma, as well as lead staff and administrators who want to develop and sustain workplace cultures that are healthy for everyone. Participants will explore the impact of trauma on workers and organizations and develop trauma-sensitive strategies for supporting the health and well-being of staff and organizations serving survivors of trauma. *June 12th, 8:30 a.m.–12:30 p.m.*

## **Trauma-Informed Supervision**

Supervisors will learn to apply trauma-informed thinking to common challenges in supervision, including recognizing the impact of unresolved and vicarious trauma on workers, giving and receiving effective feedback, and taking a strengths-based perspective with staff. Please note: Either Trauma Informed Care Basics or Sustaining Ourselves in the Face of Trauma is a prerequisite for this training. *June 12th, 1:30 p.m.–5 p.m.*

For more information, and to register, please visit [www.healingattention.org/training\\_schedule](http://www.healingattention.org/training_schedule)

*For more information, or to register for training:*  
visit [www.healingattention.org/registration\\_training](http://www.healingattention.org/registration_training) or call us at 541-687-9447

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