

## Clinical Consultation Services

A clinical consultant with a background in trauma and trauma recovery is available to participants attending the two-day trauma training. The consultant:

- can be contacted Monday through Friday to discuss specific cases involving trauma
- can provide links to other clinical resources, which may require expertise in other areas.

## Trauma Informed Tool Kit

To view the Trauma Toolkit, go to [www.trauma-informed.ca](http://www.trauma-informed.ca). Toolkits are available for purchase:

- \$15.00 each (+ shipping and handling) for orders of 10 or fewer copies
- \$10.00 each (+ shipping and handling) for orders of 11 or more copies

## Training Schedule

The two-day Trauma-Informed Counselling Training will take place on the following dates in the following communities:

**November 9 & 10, 2009 - Winnipeg**

**December 7 & 8, 2009 - Winnipeg**

**January 11 & 12, 2010 - Flin Flon**

**January 14 & 15, 2010 - Thompson**

**February 8 & 9, 2010 - Winnipeg**

**March 22 & 23, 2010 - Morden**

**April 5 & 6, 2010 - Brandon**

**April 8 & 9, 2010 - Dauphin**

**April 26 & 27, 2010 - Winnipeg**

Dates subject to change. Locations TBA.

To schedule a Trauma-Informed Care Workshop, please contact **Chris Willette** - [cwillette@klinik.mb.ca](mailto:cwillette@klinik.mb.ca) or 1-204-784-4042.

To register for the Trauma-Informed Counselling Training, please register online at [www.klinik.mb.ca](http://www.klinik.mb.ca) or contact **Leslie Debrecen** - [ldebrecen@klinik.mb.ca](mailto:ldebrecen@klinik.mb.ca) or 1-204-784-4206.

For more information, please contact **Chris Willette** - [cwillette@klinik.mb.ca](mailto:cwillette@klinik.mb.ca) or 1-204-784-4042.



[www.Trauma-informed.ca](http://www.Trauma-informed.ca)

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**TRAUMA INFORMED  
COUNSELLING TRAINING**

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**TRAUMA INFORMED  
CARE WORKSHOP**

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**Klinik**  
Community Health Centre

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. Most 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 the Department of Health and Healthy Living, 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-Informed Counselling Training

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

- some 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
- challenging the traditional understanding of the recovery and healing process
- shifting the focus from “What is wrong with you?” to “What has happened to you and how can I help?”
- using the approach of curiosity, partnership and empowerment
- providing practical tools to better understand and regulate intense emotions
- examining participants' understanding of healing and the role they play in facilitating this process in the context of trauma
- placing particular emphasis on the relationship between trauma, emotions, neurobiology and recovery within supportive relationships.

Participants will learn:

- to care for their emotional self and protect themselves from the effects of vicarious trauma,
- to better understand the impact of trauma,
- to talk about trauma with clients/patients, and
- to build a therapeutic relationship that empowers trauma survivors and gives 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.

A follow-up session will be scheduled approximately three months after each training session:

- to examine how participants have integrated what they learned,
- to discuss challenges they have experienced, and
- to address new questions that have arisen since the training.

Follow-up sessions outside of Winnipeg will take place via tele-health.

Additional information:

- there is no fee for attending
- training is limited to twenty participants
- each participant will receive a DVD with examples of various grounding techniques, as well as a resource guide on trauma
- training builds on information presented in the “Trauma-Informed Toolkit”.

## Trauma-Informed Care Workshop

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

- what it means to be trauma-informed,
- how to transform organizations, and
- 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.

There is no fee for this workshop.