Trauma Informed Practice

IH Trauma Informed Practice Training

iLearn #3485 - Intro to Trauma Informed Practice

iLearn #3486 - Neurobiology of Trauma

iLearn #3487 - Impact of Trauma at Organizational Level

iLearn #3488 - Stigma and Substance Use

iLearn #3489 - The Colonial Impacts of Trauma on Indigenous Peoples

Principles of Trauma Informed Practice

Principle #1 - Safety

Principle #2 - Trustworthiness and transparency

Principle #3 - Peer support

Principle #4 - Collaboration and mutuality

Principle #5 - Empowerment voice and choice

Principle #6 - Cultural, historical and gender awareness

Team Wellness Resources [IH Wide]

Employee Psychological Health and Wellness

Accessing EFAP Services - LifeWorks

Building Team Resilience Toolkit

This resource is intended to support leadership in holding discussions with their teams on how to apply principles of trauma informed practice at their health care site/ service. Staff should complete the IH Trauma Informed Practice training prior to engaging in this team huddle.

TEAM REFLECTIONS

Safety

- How do we balance the physical safety needs of both clients and staff?
- How do we support the psychological safety needs of both clients and staff?

Trustworthiness and Transparency

- How do we build trust with clients, despite system challenges that continue to exist?
- What changes can we make to promote trust between clients and our healthcare service?

Peer Support

- How can we incorporate Peer support for clients within our service?
- How do staff access Peer support as trauma survivors?

Collaboration and Mutuality

- How do we reduce power indifferences for coworkers and clients at our site?
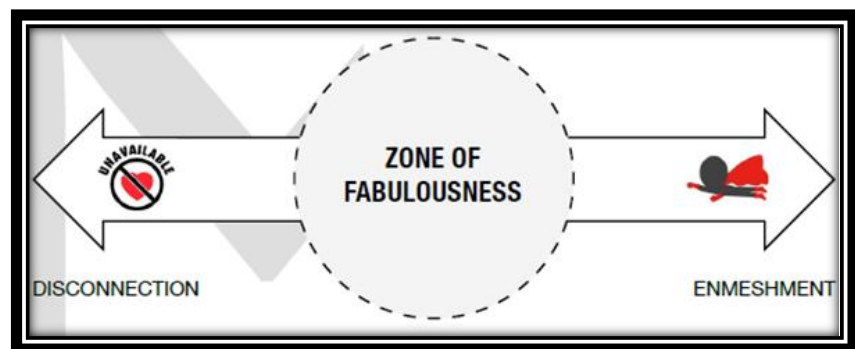
Empowerment Voice and Choice

- How do we promote choice and autonomy in our care?

Cultural, Historical and Gender Awareness

- How do we practice acknowledging our personal biases and stereotypes in healthcare?
- How do we improve access to gender responsive services and support connecting clients to their cultural traditions to promote healing and recovery?

Zone of Fabulousness

- How do we ensure that clients remain at the center of the work that we do?
- How do we recognize in ourselves or support others when there is slippage out of the Zone of fabulousness?

http://insidenet.interiorhealth.ca/Clinical/MHA/Documents/MRT-Zone-of-Fab-Workbook.pdf

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