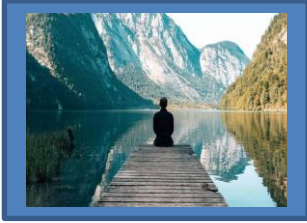




# Trauma Informed Practice

REFLECTIVE JOURNAL: MODULES 1-5



PRINT OUT THIS RESOURCE TO SUPPORT YOUR LEARNING AS  
YOU WORK THROUGH MODULES 1-5

## JOURNAL REFLECTIONS

### MODULE 1: Introduction to Trauma-Informed Practice

- How does bias impact client care?
- How could a client's behaviour be linked to coping strategies that they have developed?

### MODULE 2: Neurobiology of Trauma

- Why is it important to understand how trauma affects an individual's health and well-being?
- Why is this understanding important for staff?

### MODULE 3: Impact of Trauma at Organizational Level

- What happens to workers exposed to adversity and chronic stress?
- What happens to organizations exposed to adversity and chronic stress?
- What happens to health care systems exposed to adversity and chronic stress?
- What does it feel like for you when you are situated in the Zone of Fabulousness?
- How do you recognize when you start to move outside the Zone?



Interior Health  
MENTAL HEALTH & SUBSTANCE USE  
TRANSFORMATION



Substance Use Services

Developed by: Trauma informed Practice Working Group  
Developed: 10 Oct 23 | Revised: N/A

**MODULE 4: Stigma and Substance Use**

- Think of a time when you felt like someone made assumptions about you based on how you look (e.g., tattoos, weight, skin colour, what you were wearing). How did you feel? How can you describe this feeling using some of the things you’ve learned about “stigma”?
  
  
  
  
  
  
  
  
  
  
- After watching the video, what is one thing you can change about your current view of addiction?

**MODULE 5: Cultural Impacts of Trauma**

- What is your own ancestry and heritage?
  
  
  
  
  
  
  
  
  
  
- How does your heritage relate to the land you find yourself on, and how has your heritage impacted the caretakers of this land?
  
  
  
  
  
  
  
  
  
  
- What do you appreciate about the land you live on?
  
  
  
  
  
  
  
  
  
  
- What have you learned about the land you live on?
  
  
  
  
  
  
  
  
  
  
- Now that you have learned more about cultural safety, describe what that looks like to you. What measures can you put in place to show someone that they are culturally safe?
  
  
  
  
  
  
  
  
  
  
- What will happen to healthcare services as more trusting relationships are built?
  
  
  
  
  
  
  
  
  
  
- What are some of the things you can do to ensure a person will return for their follow-up care?