

Trauma Sensitive Peer Support First Steps Training Package



Trauma-Sensitive Peer: First Steps

What?

TRAUMA SENSITIVE PEER SUPPORT FIRST STEPS TRAINING PACKAGE

This 6-hour virtual training package has been adapted by a collaborative practice group specifically for peer support practitioners (Certified Peer Specialists, Certified Recovery Specialists, and Family Peers). The class will consist of a mixture of slides, discussions, and interactive exercises and includes a participant manual that will be emailed to the address you register under along with the Zoom link the day before the training.

Four parts to the slide presentation, "Understanding Trauma for Peer Practitioners":

- Part 1: What is Trauma and Who is Affected?
- Part 2: How Does the Stress Response System Work?
- Part 3: What is the Impact of Exposure to Trauma?
- Part 4: What Does This Mean for Peers and Communities?

At the end of each part, there is time for discussion or activities related to the concepts discussed in that section.

Learning Objectives

- Understand trauma in a broad and inclusive way.
- Learn how the brain and body respond to stress and trauma.
- Recognize the effects of trauma.
- Apply trauma knowledge to your daily work.
- Understand the concept of trauma-sensitive response and the core principles of trauma-informed care.

A certificate of attendance indicating 6 hours of training will be provided at the completion of all training requirements.

Adapted from Guarino, K. & Chagnon, E. (2018). Trauma-sensitive schools training package. Washington, DC: National Center on Safe Supportive Learning Environments.

Members of the practice group included representatives from Pennsylvania Community of Practice on Trauma-Informed Care, Pennsylvania Mental Health Consumers Association, Pennsylvania Peer Support Coalition, Pennsylvania's Department of Human Services' Office of Mental Health and Substance Abuse Services, Youth MOVE PA, Drexel University, Georgetown University, Community Care Behavioral Health, PA Care Partnership, and National Association of Directors of Special Education.

****You MUST Be Able To Be On Camera In Zoom For The Duration Of The Training!!****

The cost of this training is \$100
Members of PMHCA or YMPA please enjoy a discount!
Registration for members is \$75!

Register for this training at:

<https://pmhca.wildapricot.org/event-4240843>

Where?

The Zoom link and electronic training materials and handouts will be provided the day before the training via the email listed in the registration process.

When?

May 10, 2021
8:30 am to 4 pm

Register at:

<https://pmhca.wildapricot.org/event-4240843>

Pennsylvania Mental Health Consumers' Association
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