

Trauma-Focused Skills Workshop Series

General Information

Course Access:

AHS Staff: [MyLearning Link](#)

Website: www.ahs.ca/tic

Developers: Provincial AMH, Practice Supports and Provincial Partnerships Team

Contact: amh.practicesupports@ahs.ca

Course Description

The Trauma-Focused Skills Workshop Series consists of five (5) online workshops that are three hours long. Going beyond the knowledge gained within the TIC e-Learning series, the workshops will discuss creating safety, identifying stabilization skills and supporting strategies to enhance health care providers' knowledge and confidence while working with trauma survivors. The content has been organized sequentially to create a seamless, flowing learning experience; the workshops are to be taken in order, and all five must be completed to obtain a certificate of participation. The TIC e-Learning modules are a pre-requisite for the workshop series.

****This workshop series is not a replacement for trauma-specific treatment intervention training, but covers the groundwork principles that underlie most trauma-specific interventions. It offers generalized training for health care providers to develop foundational skills in the areas of safety building and stabilization.****

The Trauma-Focused Skills workshops are considered an Accredited Simulation Activities Program (Section 3) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Calgary Office of Continuing Medical Education (CME) and Professional Development. These workshops have been reviewed and approved by the Canadian Addiction Counsellors Certification Federation.

Series Learning Objectives

- Engage in healing conversations to build safety, while applying stabilization skills
- Describe the 3 Phased approach to trauma treatment
- Identify and work with dissociative dynamics during a trauma-focused intervention
- Prepare clients for group work and address common challenges clients may face in a group setting
- Describe the Window of Tolerance and its application when working with trauma survivors

Course Outline

Workshop	Title	Workshop Objectives	Approx. Duration
1	Engagement: Introducing the Client to Trauma-Focused Skills	<ul style="list-style-type: none"> • Discuss the importance of engagement skills • Demonstrate different ways of explaining trauma and trauma treatment to a trauma survivor • Demonstrate a trauma interview using preferred style • Explain key screening and assessment tools for working with trauma • Describe the three phases of trauma treatment 	3 hrs
2	Teaching Stabilization Skills	<ul style="list-style-type: none"> • Summarize what trauma is, and what is involved in trauma treatment • Explain the rationale for learning a variety of safety skills, and situate them within the context of trauma treatment • Demonstrate and teach a variety of stabilization skills • Explain and demonstrate emotional awareness, language, and the use of the SUDS (Subjective Units of Distress) rating • Explain indicators that a person has sufficient stabilization skills to proceed with further treatment 	3 hrs
3	Enhancing Resiliency – The Window of Tolerance	<ul style="list-style-type: none"> • Discuss the importance of the window of tolerance in assessing presence and readiness for trauma processing • Explain and demonstrate the use of the window of tolerance as a tool for assessing presence and enhancing mindfulness skills • Explore the importance of the Window of Tolerance and self-tracking in enhancing emotional resiliency • Describe the Polyvagal Theory including challenges and controversies 	3 hrs
4	An Introduction to Dissociation	<ul style="list-style-type: none"> • Describe key features of dissociation including presentation, cause, prevalence • Explain common screening and assessment tools used to assess dissociation including relevant pitfalls 	3 hrs

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		<ul style="list-style-type: none"> • Explain key strategies for working with dissociative dynamics and demonstrate relevant strategies for trauma survivors who have dissociated in session 	
5	Trauma Therapy in Groups	<ul style="list-style-type: none"> • Describe benefits of group therapy in trauma recovery • Explain key strategies for assessing and preparing clients for group • Explain key common challenges faced by trauma survivors in group and demonstrate strategies for addressing those challenges • Explore how to establish a safe and connected group for trauma survivors 	3 hrs