

Trauma-Informed Workplaces

Trauma is not uncommon. Many of us will experience a traumatic event in our lifetime. For some, trauma continues to affect their everyday life and interactions with others. It is therefore important to understand trauma and know how to respond to a trauma response in the workplace.

This series of 2 x 1.5-hour webinars focuses on understanding the ways people respond to trauma, and how we can be more trauma informed in the way we respond.

Training aims:

Part 1

- Understanding trauma and causes of trauma
- Understand common responses to trauma
- Trauma informed communication
- How do people heal from trauma?
- Resources for further support

Part 2

- Understanding the difference between single event trauma and complex trauma
- Why do some people experience trauma more than others? Intersectionality and the minority stress model
- Social and systemic trauma and intergenerational trauma
- Creating trauma-safe workplaces

TIME: 2 x 1.5 HOUR SESSIONS

ONLINE

MAX 30 PARTICIPANTS

For costs, or to make a booking please contact us

admin@positivesolutions.com.au

03 6223 5612

Note: Common responses to trauma, and some examples of traumatic events will be discussed in this webinar, but no specific details of trauma will be discussed. Positive Solutions are unable to provide individual support for trauma in this webinar. Please exercise good self-care if you have been affected by trauma. If this series raises issues for you, the practitioner will be providing resources for further trauma-informed support and counselling.