

October 5, 2020

Contract for the provision of Live Virtual Training for Whitecourt Family Violence Initiative c/o Lynden Schwindt

Summary

CTRI Crisis & Trauma Resource Institute Inc (CTRI) to provide a 1-Day live virtual workshop on *Trauma-Informed Care – Building a Culture of Strength*, for a group of 20 participants. This workshop will be held online through the Zoom platform, on November 26, 2020.

The virtual workshop will be interactive and include features such as shared screen and breakout rooms which will allow the trainer to facilitate an engaging workshop experience. CTRI will provide the client with the meeting link and pdf manual; Whitecourt Family Violence Initiative will distribute the link and manual to participants, along with the list of system requirements.

Workshop Description

Trauma-Informed Care – Building a Culture of Strength

Trauma is prevalent in our world and has an impact on many of the people we interact with, including our clients and colleagues. Compassionate and trauma-informed care is essential to providing effective support and building sustainable services. This workshop explores how to build a trauma-informed culture in a workplace setting that integrates knowledge throughout the organization. Participants will develop an understanding of the pervasive impact of trauma on individual health and relationships. Guiding principles will be explored for increasing emotional and physical safety, culturally sensitive empowerment, and creating greater resilience for all parts of an organization. Becoming trauma-informed creates a sustainable foundation in any work setting to promote strength, engagement, and recovery.

Topics May Include

- Respectful Awareness
 - Definitions of Trauma for Individual, Relationship, and Public Health
 - Prevalence of Trauma, from Single Incident to Complex
 - Understanding the Impact of Trauma Across the Lifespan
 - Contexts of Impact – Cultural, Intergenerational, and Societal Factors
- Collaborative Health
 - Principles of Trauma-Informed Care
 - Core Competencies – Putting Principles into Action

120 Sherbrook Street Winnipeg, MB R3C 2B4 ■877.353.3205 ■www.ctrinstitute.com ■info@ctrinstitute.com

- Choice, Trust, and Connection
- Recognizing Innate Strengths and Resilience
- Building a Trauma-Informed Culture
 - The Continuum of Trauma-Informed Care and Practices
 - A Systemic View of Healing Trauma
 - Building Trauma-Informed Principles into Policy and Processes
 - Attending to Staff Safety and Secondary Trauma

Schedule

CTRI Workshops generally run from 9 a.m. to 4 p.m. with a one-hour break for lunch from 12 p.m. to 1 p.m. Adjustments to these times can be made in consultation with CTRI.