



IMPACT OF TRAUMA ON OTHERS... TRAUMATIC IMPACT ON SELF

Description:

This workshop explores the impact of Caregivers and First Responders on the mental and emotional health of victims after a traumatic event. The symptoms of a traumatic response and the basic neuroscience and the brain functioning behind those symptoms will be discussed. The debriefing approach will be evaluated and the Psychological First Aid and the Verbal First approach will be presented as alternatives. The workshop also explores the effects of trauma and PTSD on Caregivers and First Responders helping them to recognize the signs and symptoms of trauma and PTSD in themselves and colleagues.

Learning Outcomes:

On completion of the workshop participants will be able to:

- Discuss the effect of trauma on brain and the basic neuroscience and brain functioning behind those effects.
- Understand different types of trauma including intergenerational trauma and community trauma.
- Understand the effects of trauma are the result of chemical reactions in the body caused by the brain.
- Understand that because trauma is a chemical reaction its effects on the person is predictable.
- Discuss the concepts of Psychological First Aid and Verbal First Aid.
- Identify and Discuss communication strategies and “active listening” strategies so professionals and volunteers are able to get the information they need to help clients without unintentionally re-traumatizing them.
- Develop their own victim interaction strategy to elicit the information and responses they need while minimizing the traumatic effect on the victim in the process.
- Identify the signs and symptoms of trauma and PTSD in themselves and colleagues.
- Understand the possible implications that can accompany a diagnosis of PTSD with employers and colleagues and how to best work through the possible implications.

Designed For

Professionals, volunteers, caregivers that work with or are in contact with traumatized individuals. This includes but is not limited to health professionals, counsellors, school teachers, funeral service providers, domestic violence workers, EMS professionals, police officers, firefighters and child youth workers.