



San Diego Trauma-Informed Guide Team

Learning Exchange #2

January 03, 2020

Minutes

PURPOSE: The **SD-TIGT Learning Exchange** Sessions were created to provide a positive learning and sharing experience for SD-TIGT Members. Through in-depth discussion and sharing, members can strengthen their knowledge and identify applicable approaches to skill building in support of the SD-TIGT's mission, vision, goals, and 5 Key Training Components.

I. **SD-TIGT Co Chairs:** Dana and Kat

- a. Opening; business items, announcements etc

Dana and Kat welcomed all to our 2nd Learning Exchange and wished everyone a Happy 2020!

Attendees introduced themselves.

II. **Training Co-Chairs:** Melissa

- a. Purpose, overview, and review of the day

Melissa reviewed the origin, purpose and structure of the Learning Exchanges.

III. **Presentation:** San Diego Trauma-Informed Guide Team 5 Key Trauma-Informed Training Components:

Strategies to Address the Impacts of Working in Trauma-Exposed Workplaces

Presenter: Cambria Rose Walsh

Cambria Walsh gave us a wonderfully informative presentation on dealing with trauma in the workplace, including specific tips and some very helpful handouts. See attached for the PowerPoint presentation, her bio and handouts.

IV. **Small Group Discussion**

Attendees sat in small groups and discussed today's presentation using guiding questions. Facilitators for each group took notes and each group shared their main take-aways/themes with the larger group.

V. **Wrap-Up**

- a. **Share Out** – Our groups had meaningful discussions as evidenced by these share-outs:

- Want to implement Low Impact Debriefing on an organizational level
- Self-care+ – system change needed to promote real self-care in the workplace
- Importance of self-awareness and healthy boundaries in our work where we need to be vulnerable
- Presentation was valuable and resonated with many people, especially over holidays with all the pressures/activities
- Importance of balance: Hard to practice what you preach: setting boundaries, self-compassion, etc..
- Importance of taking (intentional) self-care breaks throughout the day
- Don't put responsibility of self-care on the employee – the organization needs to support this
- See "through" the language of the complaining to identify what problem or concern the person has – don't have to take on "fixing it"
- Weaving self-care into the day – consciously
- Will use the Limited Disclosure part of the Low Impact Debriefing
- Handouts were great!!

- b. **Survey** – attendees completed a short survey re: the content and structure of the Learning Exchange

- c. **Meeting Adjourned**