



5 KEY TRAUMA-INFORMED TRAINING COMPONENTS

1. DEFINING TRAUMA AND TYPES OF TRAUMA

Establish common language, inclusive of various factors that contribute to trauma; based on each individual's view of their experience.

2. UNDERSTANDING TRAUMA ACROSS THE LIFESPAN AND THE DEVELOPMENTAL, PHYSICAL, AND EMOTIONAL IMPACT

Recognition of the important impact of early childhood development and healthy relationships across the lifespan. A holistic approach that advances the integration of physical and mental health.

3. UNDERSTANDING AND SUPPORTING RESILIENCE

Creating safety, acknowledging experiences, and building strengths.

4. APPLYING CONCEPTS IN THE COMMUNITY AND/OR WORK ENVIRONMENT

Practical applications in the day-to-day work environment within a public agency, private organization, or work in the community.

5. PROMOTING THE IMPORTANCE OF REFLECTIVE PRACTICE AND SELF-CARE

Reflective practice, including self-awareness and self-care, is essential to effectively support others.