

Defining Trauma-informed training

Developed by MECASA staff 2018

TRAUMA-INFORMED TRAINING PURPOSE & GOALS

We build trauma-informed trainings because:

We recognize that people have experienced trauma and as facilitators, it is our responsibility to make plans in preparation for and during the event to be intentional about that fact.

We understand that all the people sitting in the room will bring different experiences in that room.

We know participants have different needs for successful learning.

We know everyone has different needs for sitting comfortably in a space for an amount of time.

If we want to create a safer space where the most people can learn and contribute most fully, we facilitate a trauma-informed training.

TRAUMA-INFORMED TRAINING IN PRACTICE

We will be clear on the expectations and purpose of the day.

We will be clear on our roles for the day.

We will be responsive to expressed needs.

We will take time to set group guidelines.

We will tell people their options are for taking care of themselves.

We will offer a private space for advocates to take or make phone calls.

We will revisit the training concepts during the day.

We will check in with participants when a schedule needs to change.

We will send available materials and information ahead of time.

We will welcome people as they come in.

We will take time to see that the space is set up before participants arrive, including: signage, directions, checking on chair sizes, scents, restroom access, gender inclusive restrooms.

We will offer things to play with.

We will offer humor and levity.

We will take care of participants with food and nonsense.

Before the training we will ask people about their specific needs and questions and do our best to accommodate those needs.