

## *Northern Trauma Program*

### **UNBC Community Care Centre**

The Northern Trauma Program is an initiative of Dr. Linda O'Neill, Ryan James (MEd., RCC), Dr. John Sherry, Aaron Bond (MEd, CCC), Brent Goerz (MSW) and the UNBC Community Care Centre in Prince George, BC. The focus of the program is the development and presentation of workshops and training on complex trauma, also referred to as Developmental Trauma Disorder (DTD) through trauma informed practice. The affects of early trauma are often lifelong and have implications for practitioners working with clients in the fields of addictions, education, mental health, eating disorders, probation and corrections, and other fields.

The Northern Trauma Program offers half-day, full-day, and two day workshops on complex trauma and trauma informed practice specialized to early childhood practitioners and agencies, teachers and support workers in elementary and secondary schools, and clinicians. We also offer more extensive training in a four month biweekly format for clinicians including social workers, counsellors, and psychologists who are working in Northern Health Teams. We are currently developing more skill-base training to build on the initial training and workshops and are working to deliver this training through a web-base format or by video link to more remote communities.

The following descriptions provide an overview of what the current training includes:

#### **Clinician/Practitioner Training (4 month, 8 sessions)**

**Trauma from PTSD to Complex Trauma**

**Trauma, Brain, and Affect**

**Trauma Counselling Model/Phases**

**Trauma and Addictions**

**Trauma Support: Safety and Stabilization**

**Trauma Strategies: Remembrance and Mourning**

**Secondary Trauma**

**Trauma-Informed Practice Integration**

#### **One Day Workshop: Clinician/Practitioners**

**Morning:**

**Beginnings: From PTSD to Complex Trauma**

**Body and Brain: The Neurobiology of Complex Trauma**

**Affect Regulation and Complex Trauma**

**Afternoon:**

**Trauma Model: Trauma-informed Practice**

**Applying Trauma-informed Support: Strategies and Interventions for Safety and Stabilization, Remembrance and Loss, and Reconnection**

**The Complex World of Secondary Trauma**

**Two Day Workshop: Clinicians/Practitioners**

**DAY ONE:**

**Beginnings: From PTSD to Complex Trauma**

**Body and Brain: The Neurobiology of Trauma**

**Affect Regulation and Complex Trauma**

**DAY TWO:**

**Trauma Model and Strategies: Trauma-informed Practice**

**The Complex World of Secondary Trauma**

**Applying Trauma-Support Strategies to Secondary Trauma**

**One Day Workshop: Early Childhood Practitioners**

**Morning**

**Beginnings: From PTSD to Complex Trauma**

**Body and Brain: A Bit on Trauma and Neurobiology**

**Lunch**

**Sad, Mad, Happy: Affect Regulation and Complex Trauma**

**Practice: Interventions for Children**

**One Day Workshop for Teachers: Trauma-Informed Practice in the Classroom: Understanding and Help for Children and Youth Experiencing Complex Trauma**

**Morning**

**Beginnings: From PTSD to Complex Trauma**

**Body and Brain: A Bit on Trauma and Neurobiology**

**Lunch**

**Sad, Mad, Happy: Affect Regulation and Complex Trauma**

**Safe Practice with Children and Youth**