



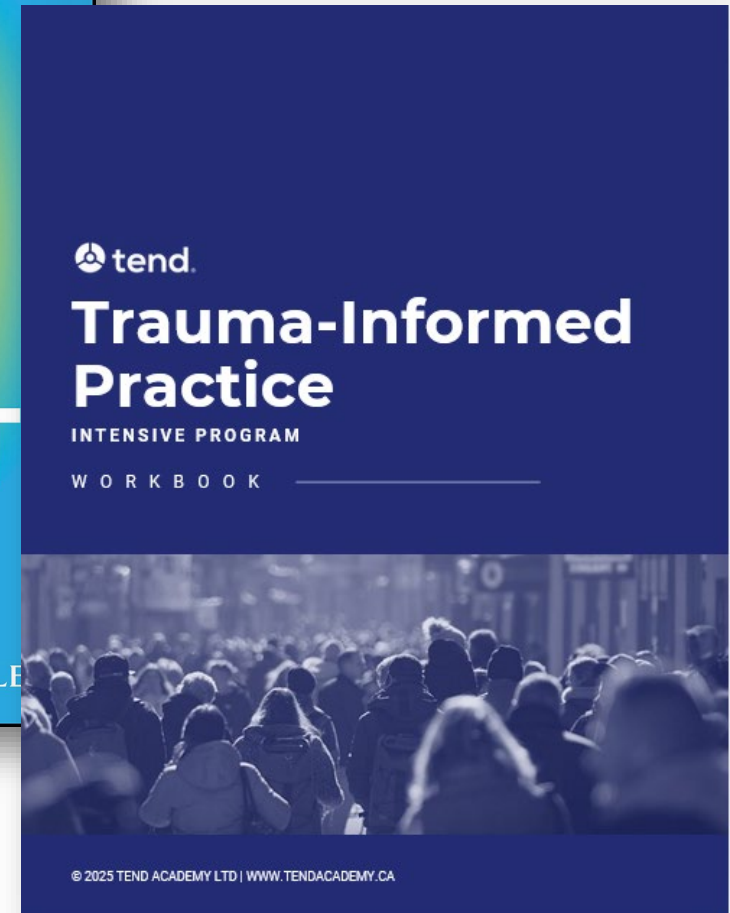
Trauma-Informed Practice Capacity Building Program

WINTER 2026

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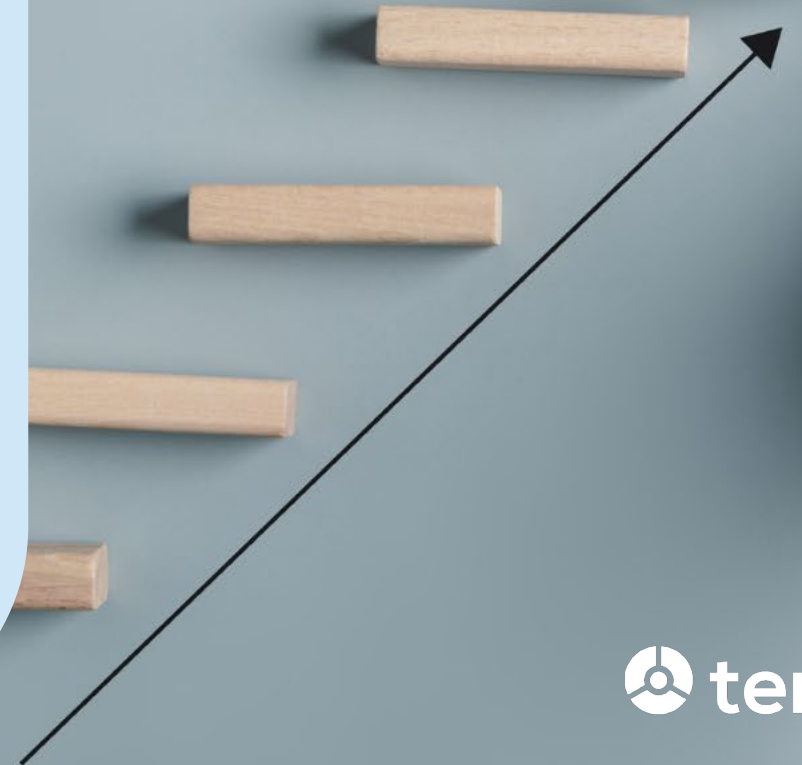
RESOURCES

Books



Goals of this program

- ✓ Understand trauma-informed practice.
- ✓ Identify why it is important for **your workplace.**
- ✓ Make a plan to implement trauma-informed practices within your organization.



“

Trauma is a fact of life. It does not, however, have to be a life sentence. Not only can trauma be healed, but with appropriate guidance and support, it can be transformative.”

Dr. Peter Levine, 1997

Think about a challenging situation with a service user during which you or your staff felt stuck, frustrated, bored, judgmental, or angry.

Can you identify how trauma might have been a factor in this situation?





It's difficult to be trauma-informed
when you are not supported with
your own trauma exposure.

Building Trauma-Informed Organizations | Four Key Areas to Address

(Adapted from ITTIC 2022, SAMHSA 2014)



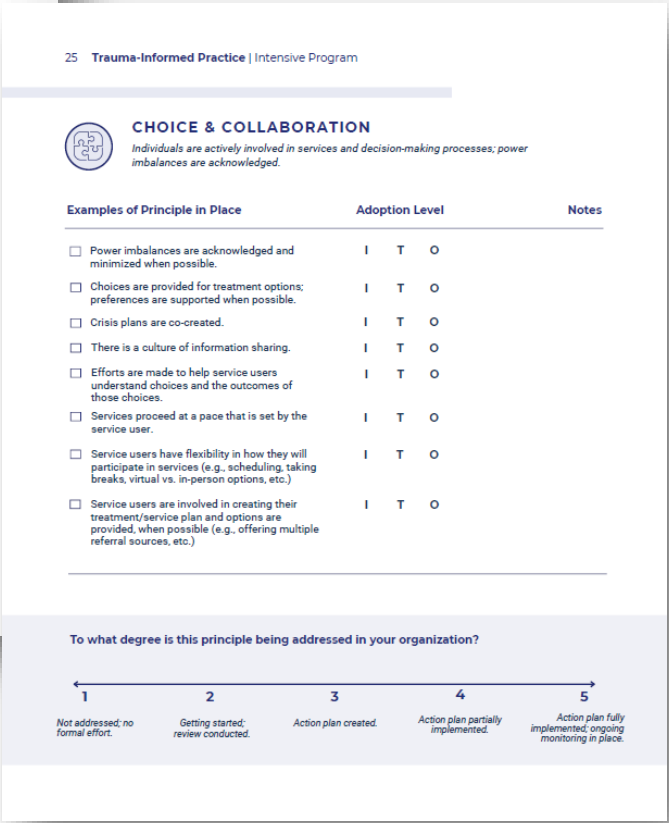
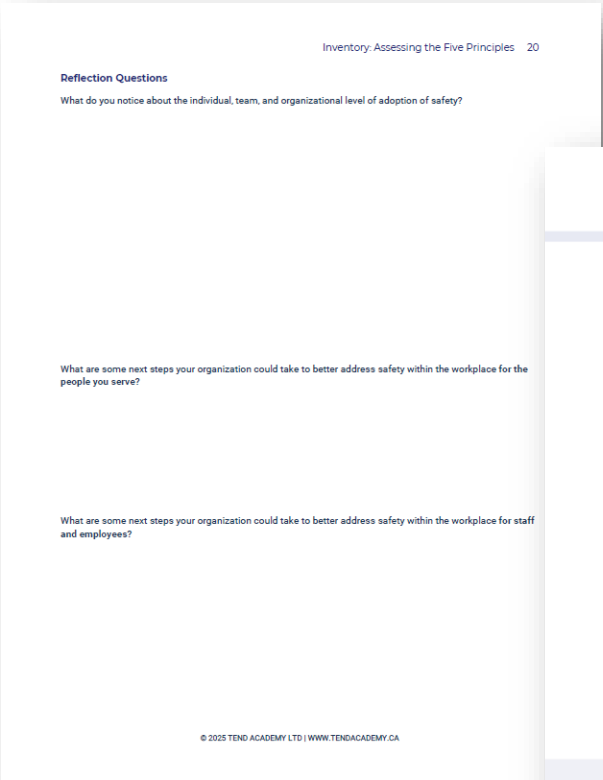
Trauma-informed practice **across multidisciplinary teams**



Potential Barriers | **Staff Level**

- Lack of training (Huo, et al, 2023)
- Lack of time, heavy caseloads
- Misunderstandings about trauma-informed practice
- Uncertainty around translating abstract TIP concepts into day-to-day actions

Assessing the Five Principles



WORKBOOK ACTIVITY

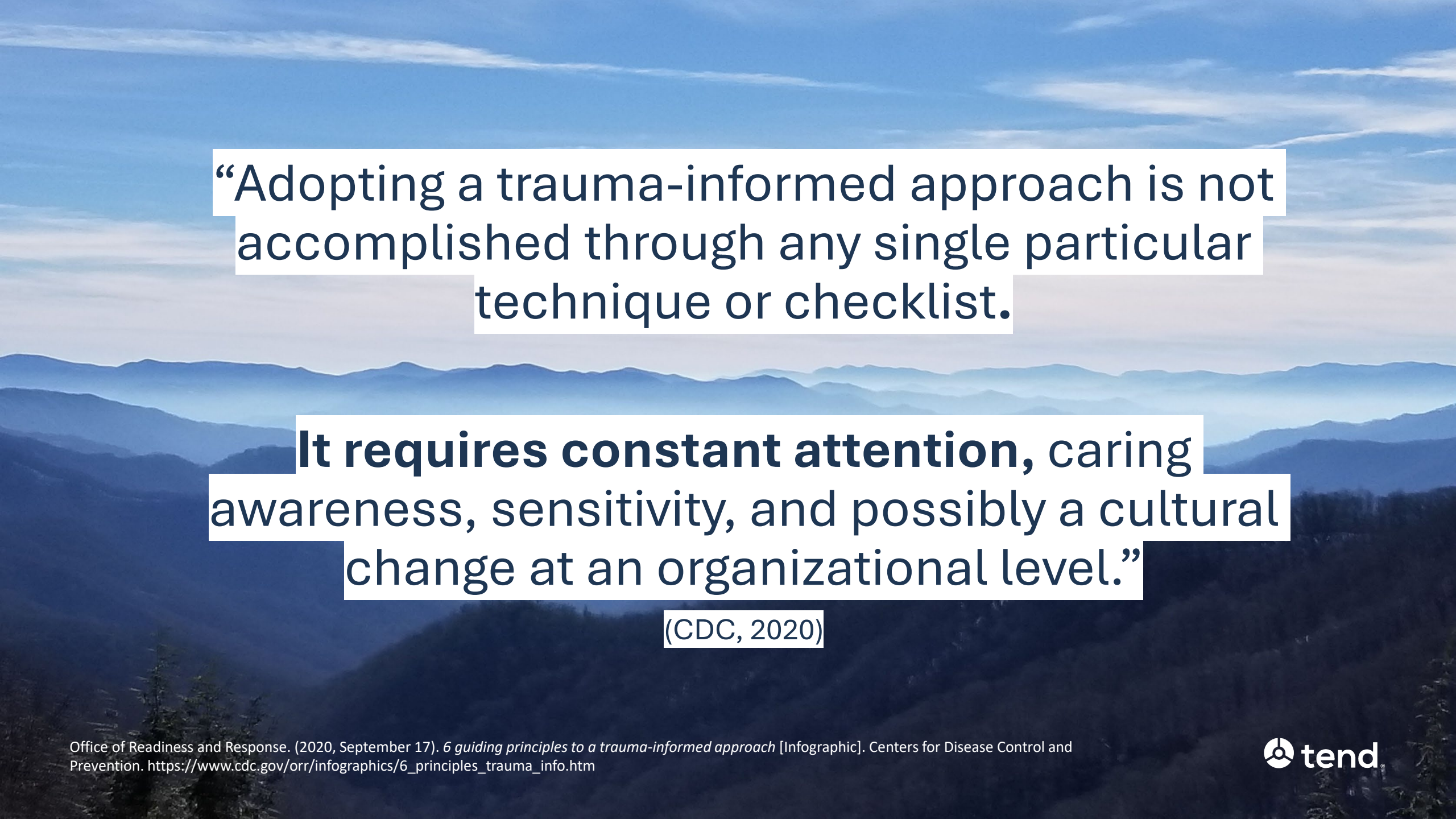


10 mins



pp. 25 - 26





“Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist.

It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level.”

(CDC, 2020)



Learn more & register at

tendacademy.ca/training/trauma-informed-practice-program/