



Trauma in the Workplace Webinar 1

Trauma and the Impacts

Broadcast on 1/19/23

<https://youtu.be/RWWk0SrnPI>

Resources

Description

In this first webinar we define trauma, sources of trauma, trauma responses, and the impact trauma has on those in the workplace. We explore key concepts such as individual, interpersonal, community, climate, and cultural trauma and the cumulative effects of these experiences. We discuss how working in human services requires us to be especially sensitive to the impact of trauma on service participants and their families. Peer specialists may experience trauma due to the openness and compassion present in peer support relationships, however, everyone is vulnerable to trauma. Workplace practices can affect the wellbeing of every employee.

Objectives

By the end of this webinar you will be able to:

- Recognize sources of trauma and common trauma responses
- Describe the impact of trauma in the workplace
- Recall the Four Realms of ACE and Resilience
- Access the New York State Trauma-Informed Network

Presenters/Moderators

- Cathy Cave, Co-Founder Inspired Vision and Senior Training Consultant, The National Center on Domestic Violence, Trauma, and Mental Health
- Helen Skipper, Executive Director, Justice Peer Center
- Teena Brooks, Assistant Director, Office of Consumer Affairs, NYC Dept. of Health and Mental Hygiene

- Patrice Peterson, Coordinator, Peer and Community Health Worker Workforce Consortium, NYC Dept. of Health and Mental Hygiene (DOHMH)
- Rita Cronise, Coordinator, PeerTAC at the Academy of Peer Services (APS), Rutgers University
- Maryam Husamudeen, Academy of Peer Services User Support Specialist, NYAPRS

Featuring



Dept. of Health
and Mental Hygiene



Academy
of Peer
Services

NATIONAL
Center on
Domestic Violence, Trauma & Mental Health



NEW YORK STATE
TRAUMA-INFORMED
NETWORK



PeerTAC
PEER SUPPORT SERVICES
TECHNICAL ASSISTANCE CENTER



NYC Justice Peer
Initiative

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- NCDVTMH (2016). Trauma-Informed Responses to Emotional Distress and Crisis. Webinar Series. National Center on Domestic Violence, Trauma and Mental Health.
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- NCDVTMH (2012). Creating Trauma-Informed Services: Tip Sheet Series. National Center on Domestic Violence, Trauma and Mental Health.

Featured Resources (Shared by Presentation Team)

- Academy of Peer Services. (2015). Trauma-Informed Peer Support. (Core Course for the NYS Certified Peer Specialist Credential) <https://www.academyofpeerservices.org/>
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- New York State Trauma-Informed Network (2022, May 10). Roles and Responsibilities. https://aps-community.org/wp-content/uploads/2023/01/22.1.1-Roles_ResponsibilitiesNYSTIN-2.pdf
- New York State Trauma-Informed Network (2022, May 10). Trauma-Informed Care and Workplace Wellness Resources. https://aps-community.org/wp-content/uploads/2023/01/22.5.10-Workforce-Wellness_Resources-1.pdf

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<http://www.nationalcenterdvtraumamh.org/publications-products/tools-for-transformation-becoming-accessible-culturally-responsive-and-trauma-informed-organizations-an-organizational-reflection-toolkit/>

For Further Study

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CAPACITAR: Healing trauma, empowering wellness: A multicultural popular education approach to transforming trauma
http://www.ncdsv.org/images/Capacitar_HealingTraumaEmpoweringWellness_2011.pdf

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Mate, Gabor – Audio and Video resources: <https://drgabormate.com/trauma/>

Mate, Gabor – Books (available on Amazon):

Maté, G. & Maté, D. (2022). The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture. Penguin Random House Canada.

Maté, G. (2018). In the Realm of Hungry Ghosts: Close Encounters with Addiction. Penguin Random House Canada.

Maté, G. (2019). When the Body Says No: Exploring the Stress-Disease Connection. Penguin Random House Canada.

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World Science Festival. (2015). How we bounce back: The new science of human resilience [Video file]. Retrieved March 19, 2017, from <https://www.youtube.com/watch?v=XXRsQFDgnX8>

Recommended Websites (In alphabetical order)

Academy of Peer Services
<https://www.academyofpeerservices.org/>

[The] Anna Institute
<http://www.theannainstitute.org>

Dr. Gabor Maté
<https://drgabormate.com/>
<https://drgabormate.com/trauma/>

Heart Circle Consulting

<https://www.heartcircleconsulting.com/>

National Association of Peer Supporters

<https://www.peersupportworks.org>

The Mental Health Empowerment Project (MHEP)

<https://www.mhepinc.org/>

Trauma Healing: Somatic Experiencing (Peter Levin, Ph.D.)

<https://traumahealing.org>

National Center on Domestic Violence and Mental Health

<http://www.nationalcenterdvtraumamh.org/>

NYS Trauma-Informed Network

<https://www.traumainformedny.org/Home>

Substance Abuse & Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov>

Infographic: 6 Guiding Principles to a Trauma-Informed Approach

(U.S. Department of Health & Human Services.)

https://www.cdc.gov/cpr/infographics/6_principles_trauma_info.htm

Recommended Videos (In alphabetical order)

ACES Primer (KPJR Films LLC) (4:59 mins.)

<https://vimeo.com/139998006>

Cultural Humility: People, Principles and Practices - Part 1 of 4 (Chavez, V.) (7:12 mins.)

https://www.youtube.com/watch?v=Mbu8bvKb_U&t=219s

Eleanor Longden: The voices in my head. (TED Talks) (14:13 mins.)

https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head/up-next

How We Bounce Back: The New Science of Human Resilience (World Science Festival)

(1:26:40 mins.)

<https://www.youtube.com/watch?v=XXRsQFDgnX8>

Nadine Burke Harris: How childhood trauma affects health across a lifetime (TEDMED)
(15:59 mins.)
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

Recovery and Hope. (n.d.). Important souls. (5:57 mins.)
<https://www.youtube.com/watch?v=egshJuN39pc>

Recovery Stories: Tonier (On Our Own of Maryland, Inc.) (6:26 mins.)
<https://www.youtube.com/watch?v=mFPAq7Bszac>

Resilience (Klinik Community Health Centre) (2:37 mins.)
<https://vimeo.com/65859730>

STOP: A Short Mindfulness Practice (MBSRWorkbook) (3:55 mins.)
https://www.youtube.com/watch?v=PhwQvEGmF_I

Teenage Mental Patient - Leah Harris (Aslan, M.) (5:05 mins.)
<https://www.youtube.com/watch?v=erm9360k4Vw>

The Science of Character (8min "Cloud Film") (Tiffany Shlain & Let It Ripple Film Studio)
(8:04 mins.)
<https://www.youtube.com/watch?v=U3nT2KDAGOc&t=11s>

The science of resilience (CBS Sunday Morning) (7:12 mins.)
<https://www.youtube.com/watch?v=403i7IWrv78>

What Trauma Taught Me About Resilience | Charles Hunt | TEDxCharlotte (TEDx Talks)
(14:21 mins.)
https://www.youtube.com/watch?v=3qELiw_1Ddg