



Trauma in the Workplace Webinar 2

Creating a Trauma-Informed Workplace

Broadcast on 2/16/23

<https://youtu.be/Capwz8Wry8Y>

Resources

Description

In this second session, we review sources of trauma and ways in which workplace practices can lead to trauma responses. Employees that identify as members of marginalized groups are frequently vulnerable to sometimes invisible and inequitable harms such as hierarchical reporting structures that can make them feel “less than,” and interpersonal, institutional, and structural forms of discrimination such as racism, ageism, sexism, mentalism, and ableism. People who have been incarcerated or involved in the criminal justice system are especially vulnerable to discrimination and rarely given equal opportunity to enter, let alone succeed in the workplace. Those who work in human services need to be sensitive to power dynamics, use of force and subtle forms of coercion, and the impacts these traumatizing practices can have on staff, and service participants and their families. This session prepares the learner for the next webinar in the series on how to take action to create intentional change in a traumatizing workplace.

Objectives

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

- Recall the impact of trauma in marginalized populations
- Discuss structural racism and institutional oppression
- Describe workplace practices that are especially traumatizing
- Recognize unique challenges faced by people who have been in the criminal justice system

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
- Maryam Husamudeen, Academy of Peer Services User Support Specialist, NYAPRS
- 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

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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Featured Resources (shared by Presentation Team)

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For Further Study

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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 (Klinic 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