



Trauma in the Workplace Webinar 3

Transforming Trauma: Taking Action

Broadcast on 3/16/23

<https://youtu.be/jFURqczlpQg>

Resources

Description

Do you recognize traumatizing practices in your own workplace? In this session we brainstorm common causes of trauma in the workplace. Acknowledging these practices is the first step toward transforming them. It requires a balance of accommodation and accountability. We explore a variety of individual, interpersonal, and systemic workplace practices that cause trauma responses and offer concrete strategies for creating accessible, culturally responsive, and trauma-informed workplaces that are comfortable, safe, inclusive, and welcoming.

Objectives

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

- Identify a variety of traumatizing practices
- Recognize traumatizing practices in your own workplace
- Transform those practices to be accessible, culturally responsive, trauma-informed
- Consult relevant resources in 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
- Maryam Husamudeen, Academy of Peer Services User Support Specialist, NYAPRS
- 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

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

References

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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/>

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/>
- Campaign for Trauma-Informed Policy and Practice - <https://www.ctipp.org/>
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<https://skilledwork.org/what-we-do/trauma-resilience-at-work/>
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PACES Connection (2023). Positive & Adverse Childhood Experiences. <https://www.pacesconnection.com/>

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For Further Study

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http://www.ncdsv.org/images/Capacitar_HealingTraumaEmpoweringWellness_2011.pdf
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<https://www.futureswithoutviolence.org/wp-content/uploads/Futures-Supervision-PowerPoint-12-9-21-Final-web.pdf>
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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