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OVERVIEW

Trauma-Informed Support Groups: Training Agenda

Session 1: Understanding Trauma and Adversity

Distribute handout with agenda, one-pager about trauma.

9:00am-9:30am	Introductions, purpose of training, plan for training
*9:30am-10:30am	Didactic/discussion about Trauma and Adversity, window of tolerance, research
*10:30am-10:45am:	Applications of Trauma to Our Work
10:45am-11am:	Q&A, Metaprocess, reflection

Session 2: Orienting, Socializing and Screening Members, Facilitating Buy In, Name That Group!

Distribute screening and orientation tools.

9:00am-9:15am:	Check in, thoughts and reactions from last week, Q&A
*9:15am-10:00am:	Screening and Facilitating Buy In
*10:00am-10:45am:	Orienting and Socializing
10:45am-11:00am:	Name that group! Review, metaprocess, Q&A

Session 3: Recognizing Traumatic Stress Responses in Self, Others

Distribute one-pager on traumatic stress responses.

9:00am-9:15am:	Check in, thoughts and reactions from last week, Q&A
*9:15am-9:30am:	Orienting group to content, discuss safety in room, identify possible reactions, parallel for trauma-informed practice in groups
*9:30am-10:30am:	What are traumatic stress responses, intersubjective nature of traumatic stress responses; window of tolerance review
10:30am-11:00am:	Metaprocess, reflection, review, Q&A, self-care

Session 4: Group Process and Interventions in Trauma Support

Distribute one-page handout, Trauma Informed Practice for Individual Sessions, and one-pager on Group Interventions.

9:00am-9:15am:	Check in, reactions from last session, Q&A
*9:15am-10:00am:	Group Work 101, Support Group Best Practices
*10:00am-10:45am:	Trauma Informed Interventions in Support Groups (here-and-now, relational attunement, setting boundaries, container exercise, parasympathetic breathing, mindful reflection, what to validate and what to intervene on, need for leader reflection and containment)
10:45am-11:00am:	Metaprocess, reflection, review, Q&A, ask for participants to email their biggest fears/questions about situations to address in next week's training

Session 5: Working with Difficult Situations in Trauma Support Groups

Distribute one-pager on basic interventions for difficult situations in groups.

9:00am-9:15am:	Check in, reactions from last session, Q&A; delineate clinically difficult vs situations that should be addressed on an agency level, like safety or health concerns
*9:15am-10:15am:	Kinds of difficult situations: monopolizers, aggression, emotional overwhelm/containment, advice giving, "war stories," others suggested by group
*10:15am-10:45am:	Countertransference and the "difficult group member"
10:45am-11:00am:	Metaprocess, review, reflection, Q&A

Session 6: Curriculum Training!

Distribute group curriculum!

9:00am-9:15am:	Check in, reactions to training so far, Q&A
*9:15am-10:45am:	Review curriculum, make edits, answer questions
10:45am-11:00am:	Final metaprocess, review, reflection, lessons learned, next steps (consultation sessions - facilitate buy-in!)

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