

Trauma Informed Peer Support

A one-day training developed for the National Center for Trauma Informed Care

This highly interactive, unique training brings together the values of peer support with trauma-informed approaches. Using a combination of presentation, discussion and individual and group exercises, attendees will emerge understanding how to effectively apply trauma-informed practices to peer support.

Trainers will define trauma and discuss its impact on individuals and communities, as well as the prevalence of trauma histories among people who use services. This training will also address how the experience of trauma and healing is strongly affected by cultural considerations such as race and ethnicity, gender, age, language and family history.

This training will introduce the basic concepts, values and principles of genuine peer support as developed and practiced by the mental health consumer/survivor/ex-patient movement over the past 40+ years. The basics of trauma-informed practices, which can be applied in any setting, will also be discussed.

The training will cover the application of trauma-informed practices to peer support through the development of mutual, reciprocal relationships. It will also include examples of issues that may arise in trauma-informed peer support, such as understanding self-injury as a coping strategy, and the effective use of personal narrative in healing from trauma.

Topics to be covered include:

- Peer Support and Self Awareness
- Trauma and Its Impact
- Trauma-Informed Practices
- Cultural Considerations
- Trauma-Informed Peer Support
- Personal Narratives
- Social Action

Suggested audiences: The primary audience is people who provide peer support - including people working as peer specialists or in similar roles, people involved in independent peer support groups, and people working in or receiving services from peer-run programs. The training would also be of interest to administrators, clinicians, and supervisors in organizations that employ peer specialists and people in similar roles, or those interested in incorporating trauma-informed peer support into their programs.

The training is based on [Engaging Women in Trauma Informed Peer Support: A Guidebook](#) (although this training is not gender-specific).

Michael Skinner – TIPS Certified Trainer/Educator
38 River Ledge Drive, Goffstown, NH 03045

603-625-2136
mikeskinner@comcast.net