

TIPS - Trauma-Informed Peer Support - Learning Objectives – Michael Skinner - Certified Trainer/Educator

Part 1: Learning Objectives

Participants will be able to:

- 1) Define “trauma” and discuss its prevalence and potential impact .
- 2) Articulate three principles of trauma-informed practices.
- 3) Discuss how trauma-informed practices differ from traditional professional approaches to health and human services.
- 4) Define “culture” and describe three ways in which culture may affect an individual’s experience, understanding, and expression of trauma.
- 5) Define “peer support” and describe three principles of peer support that differentiate it from traditional professional approaches to services.
- 6) Describe three characteristics of peer support that contribute to the development of healing relationships among trauma survivors.

Part 2: Learning Objectives

Participants will be able to:

- 1) Discuss how understanding trauma survivors’ reactions as “coping strategies” rather than “symptoms” affects the healing potential of peer support relationships.
- 2) Describe three actions peer supporters can take within your organization to avoid “helping that hurts.”
- 3) Explain how understanding that people have membership in multiple cultural groups can be helpful in establishing peer support relationships and supporting recovery.
- 4) Describe how trauma survivors’ personal narratives can be used to explore the meaning survivors make of their trauma experience and how these narratives can be used for healing and growth.
- 5) Describe three strategies that you can implement in your organization to support the effective implementation of trauma-informed peer support. .
- 6) List three possible social action activities that trauma survivors can take in your community to reclaim power in their lives.

mikeskinner@comcast.net 603-625-2136 38 River Ledge Drive, Goffstown, NH 03045

“Our lives begin to end the day we become silent about things that matter.” Martin Luther King, Jr.

A diagnosis is not a destiny

www.mskinnermusic.com - Hope, Healing, & Help for Trauma, Abuse & Mental Health - Music, Resources, & Advocacy

www.survivingspirit.com - Hope, Healing & Help for Trauma, Abuse & Mental Health - Creative Arts, Education & Advocacy

“BE the change you want to see in the world.” Mohandas Gandhi