Many of us are creating trauma-sensitive practices in our work with clients, students, organizations and communities. We have varied approaches to this work, and a great deal of expertise working in different settings and with different populations. What can we learn from one another? What are the most effective practices and how can they be used? How can we engage with one another as we explore more deeply how to build trusting relationships, maintain our own well-being, and manage programs and partnerships sensitively?

In this advanced day-long training designed for professionals, participants will engage with one another in structured small and large group conversations. Presenters will share their own best practices within a variety of settings and communities, and also facilitate these conversations in order to capture the expertise in the room and move the group forward in our trauma-sensitive work. Conversations will be captured and shared with participants following the training, and opportunities for creating a trauma-sensitive learning community will be explored.

Online Registration at macmh.org!

April 26 - 28, 2015
Duluth Entertainment Convention Center
(DECC)
Duluth, MN

Introduction to the day: What Does it Mean to Be “Trauma-Sensitive” in Our Work? Engage with Colleagues to Share Definitions, Practices and Wisdom

There are many ways to be “trauma-sensitive” in our work. Participants will engage in discussion about our varied definitions of trauma-sensitive practice. Relationship building is critical for healing. Learn how to build therapeutic relationships in all settings, repair relationships and avoid retraumatization, and teach healing practices for everyday life. Join colleagues in interactive conversations that begin to create a community of learning. Conference workshop 41


Healing Through Self Care: How to Maintain Our Humanity in Difficult Situations

Helping others heal from trauma is difficult work. Learn how to walk with others while taking care of ourselves. Explore how to approach relationships, set up organizations and engage with our communities in ways that model what we want for others. Revisit the importance of avoiding isolation and maintaining humanity in the midst of professional demands. Reflect on what detracts from healing and how to realign our practices when needed. Conference workshop 55

Shonda Craft, PhD, LMFT, Assoc. Dean, College of Health Community and Professional Studies – Metropolitan State Univ. and Therapist and Clinical Supervisor – Kente Circle, LLC

Closing: Healing Through Engagement: Partnering in Thoughtful Program Development and Evaluation & Trainings, Toolkits and Other Trauma-Sensitive Resources: Learn What They Are and How to Use Them

Participants will learn about the developing partnership between the U of MN and an urban St. Paul elementary school designed to create a trauma-sensitive school culture. Learn about changing school environments, modifying behavior dysregulation responses, and training for school personnel. Explore how to operationalize thoughtful and reflective program development and evaluation. Learn about resources from national and local organizations that can aid in creating trauma-sensitive practices, organizations and communities. Conference workshop 69

Judy Myers, MS, RN, Extension Educator – Extension Children, Youth and Family Consortium, U of MN & Chris Bray, PhD, LP, Co-Director, Ambit; Administrative Director, Institute for Translational Research in Children's Mental Health, U of MN