

## **Somatic Foundations: Trauma-Informed Practice (TIP) for Healthcare Professionals**

Raise Awareness | Build Compassionate and Collaborative Practices | Promote Resilience and Regulation

### **FACILITATOR**

Elisa Peterson, BA, MEd student, Somatic Trauma Therapist

### **WORKSHOP SCHEDULE | Mixed Mode Delivery**

- DAY 1: Online- Friday Evening | 6:30pm-8:30pm PST
- DAY 2 & 3: In-person- Saturday and Sunday | 9:00am- 4:30pm PST
- MONTH FOLLOW -UP: Online Discussion- Sunday | 10:30am- 12:00pm PST

### **DESCRIPTION**

**Trauma-Informed Practice** fosters an environment where the unique story of each person's life experience is met with body-oriented compassion and awareness in order to safely and respectfully provide appropriate care and service.

Trauma-Informed Practice (TIP) for Healthcare Professionals is a unique, body-oriented training designed to support healthcare clinicians in creating a trauma-informed environment for their clients. Our goal is to raise awareness of trauma and develop the somatic communication skills that build compassion, safety, and regulation in the therapeutic relationship. Curriculum is tailored to meet the unique needs of clinicians and their clients with relevant considerations for working one-on-one in practice.

### **LEARNING APPROACH**

Knowledge + Embodiment = Whole Body Learning

Participants are given the opportunity to explore and expand their learning through somatic or body-centred exercises. This process of embodied learning deepens understanding by gaining a body-oriented perspective of intellectual concepts. Individual and group exercises offer time for reflection, building self-awareness, and the development of trust in the classroom.

### **LEARNING OUTCOMES**

By the end of the training, participants will be able to:

1. Describe trauma as a physiological response of dysregulation in the autonomic nervous system.
2. Describe the difference between a trauma-informed practice and trauma therapy.

3. Explain the relationship nature of trauma or dysregulation including the concept neuroception.
4. Describe the basic physiology of the Self-Protection Cycle including the concepts: sympathetic and parasympathetic activation, a regulated nervous system response, a dysregulated autonomic nervous system and the role of the reptilian brain.
5. Explain the basic principles of the Polyvagal Theory in the context of the fight- flight-freeze response.
6. Describe the relationship between perceived safety in the body and self-regulation.
7. Explain how therapist self-regulation impacts client self-regulation.
8. List common physiological symptoms of traumatic stress or dysregulation.
9. Describe and apply the scientific foundation of somatic communication including the concepts regulation, bottom-up processing, interoception, and window of tolerance and resilience.
10. Describe and apply the principles of somatic communication including the terms compassion, patience, collaboration, body-oriented and curiosity.
11. Describe and use tools of somatic communication including a language of sensation, a comfort scale and self-regulation.
12. List common trauma categories and current statistics.
13. Identify appropriate referrals for client trauma-support services.
14. Perform 3 somatic exercises for therapist self-regulation.

**MODES OF LEARNING:** Students will be provided with an environment that offers a balance of the following modes of learning:

- ❖ Lecture
- ❖ Visual and Audio Tools
- ❖ Somatic Exercises
- ❖ Personal Reflection
- ❖ Group discussion

## TRAINING SCHEDULE

<b>FRIDAY SCHEDULE - VIRTUAL</b>	
6:30- 7:30pm	Getting to Know the Group Principles of Somatic Communication
7:30- 8:30pm	Reflection Exercise: Values and Intention in Practice Regulation Self-Care Exercise: Breathe
<b>SATURDAY – IN-PERSON</b>	
9:00- 10:00am	Introduction to Trauma Physiology: ANS Regulation & Dysregulation
10:00- 10:30am	Somatic Learning Exercise
10:30- 10:45am	<b>BREAK 15 min</b>
10:45am- 11:45pm	Scientific Foundation of Somatic Communication
11:45am- 12:30pm	Somatic Learning Exercise
12:30pm- 1:30pm	<b>LUNCH</b>
1:30 – 2:00pm	Integration: Q&A Self-Regulation Exercise: Grounding
2:00- 3:00pm	Introduction to Trauma Physiology: Self-Protection Cycle Somatic Learning Exercise
3:00-3:15pm	<b>BREAK 15 min</b>
3:15- 4:15pm	Categories of Trauma and Statistics
4:15- 4:30pm	Regulation- Self-Care Exercise: Mindfulness in Movement
<b>SUNDAY – IN-PERSON</b>	
9:00- 9:30am	Integration: Q&A   Somatic Exercise: Soma Scan
9:30- 10:30am	Introduction to Trauma Physiology: Polyvagal Theory
10:30- 10:45am	<b>BREAK 15 min</b>
10:45am- 11:45pm	Somatic Communication- Practice Tools: Comfort Scale
11:45am- 12:30pm	Somatic Learning Exercise
12:30pm- 1:30pm	<b>LUNCH</b>
1:30 – 2:30pm	Somatic Communication- Practice Tools: Language of Sensation
2:30- 3:00pm	Reflection Exercise Practice: Compassion and Collaboration in Practice
3:00-3:15pm	<b>BREAK 15 min</b>
3:15- 3:45pm	Scope of Practice: Trauma -Informed vs Trauma Therapy
3:45- 4:30pm	Trauma Support Referrals Closing   Integration: Group Collaboration
<b>SUNDAY – 1 MONTH FOLLOW UP: VIRTUAL DISCUSSION</b>	
10:30-11:00	Personal Reflection Exercise: Practice Application
11:30 -12:00	Group Exercise: Regulation through the Lense of Curiosity