

TRAUMA INFORMED CARE – BUILDING A CULTURE OF STRENGTH

Summary

Trauma is prevalent in our world and has an impact on many of the people we interact with, including our clients and colleagues. Compassionate and trauma-informed care is essential to providing effective support and building sustainable services. This workshop explores how to build a trauma-informed culture in a workplace setting that integrates knowledge throughout the organization. Participants will develop an understanding of the pervasive impact of trauma on individual health and relationships. Guiding principles will be explored for increasing emotional and physical safety and culturally sensitive empowerment. Becoming trauma informed creates a sustainable foundation in any work setting to promote strength, engagement, and recovery.

Biography



John Koop Harder, MSW, RSW

John is the Training and Development Specialist for CTRI, and he has been training and consulting in the field of trauma recovery since 2000. John is an active clinician, specializing in family therapy, crisis management and trauma healing. His understanding of trauma is informed by his experiences working with those impacted by trauma locally, in Northern and Indigenous communities and internationally in Colombia, Albania and Northern Ireland.

As a Training and Development Specialist, John works at tailoring training materials to best meet clients' needs. He is the author or editor of a number of CTRI's training materials, including those on topics such as grief, family violence, addictions and depression.

John approaches his practice from a strengths-based perspective. His approach to both therapy and training assumes that people are their own best experts and already have many of the skills, abilities and competencies that will assist them in addressing the challenges influencing their lives. Through collaboration and curiosity, John seeks to co-create new possibilities utilizing each client's internal strengths, skills and abilities.

