

Trauma Informed Training for Domestic Violence Shelter Workers

This training focuses on First Stage Trauma Treatment providing valuable strategies to support workers in addressing the impact of trauma in women and children accessing residential settings.



Training Modules

1. Trauma Informed System
2. Trauma
3. PTSD
4. Re-Experiencing
5. Emotion Regulation
6. Avoidance and Numbing
7. Impact to Body and Soul
8. Impact to Children and Parenting Strategies
9. Counselling Skills and The Helping Relationship
10. Impact to the Helper



Trainer: Tricia Porter, MSW, RSW

Tricia has over 15 years experience working in the Violence Against Women sector. As a Manager at a shelter, Tricia witnessed first hand the challenges of supporting women and children accessing shelter services. Tricia has developed this training to meet the needs of shelter workers who provide integral support services to address the impact of trauma. By focusing on first stage trauma treatment, Tricia provides valuable strategies and knowledge to front-line employees designed to enhance positive outcomes for women and children.

Tricia delivers detailed, interactive, and relevant training focused on adult learners, applying evidence based practices. Learning is enhanced through the combination of lectures, videos, group work, and exercises.

Social Work Support

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