

Self-Care and the Professional

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Learning Objectives

- Define self-care from a trauma-informed perspective
- Utilize standards of care to build organizations that promote staff wellbeing
- Explain the intersection between primary trauma and workplace exposure
- Develop trauma-informed standards of care that are informed by research
- Assess the impact of exposure to trauma in the workplace and create a self-care plan
- Discuss the importance of engaging the workforce in developing trauma-informed practices

Time	Activity
8:30 am – 9:00 am	Sign-in
9:00 am – 9:15 am	Welcome and introductions
	The impact of trauma on the worker and self-care
9:15 am – 9:45 am	Human needs and the Green Cross Standards of Care
9:45 am – 10:30 am	The WHO-5
	Post-traumatic growth and resilience
10:30 am- 10:45 am	Break
10:45 am- 12:00 pm	Organizational responsibilities: job descriptions, interviewing, hiring, and training
12:00 pm – 1:00 pm	Lunch
1:00 pm- 2:30 pm	Organizational responsibilities: supervision, and promotion
2:30 pm – 2:45 pm	Break
2:45 pm – 3:45 pm	Self-care in action (active demonstration)
3:45 pm – 4:00 pm	Evaluations and sign-out