

TTiPs

Training Trauma-Informed Peers

www.TheNationalCouncil.org

More than 90% of persons served by behavioral health organizations have a history of trauma, which can affect their ability to form relationships, keep a job, or live in stable housing. We can't offer effective healthcare and improve outcomes unless we factor in trauma's impact. By addressing trauma, organizations improve the quality and impact of behavioral health services, increase safety for all, reduce no-shows, enhance client engagement, and avoid staff burnout and turnover.

The consumer voice plays an influential role in decision-making throughout most behavioral healthcare organizations — whether it is through committees, task forces, workgroups, panels, councils, or advisory and agency boards. Peer support specialists are poised to support the voice, choice, and advocacy of those individuals, as well as to develop safe and healing relationships with people who have experienced trauma. In fact, these specialists are a new, integral part of most progressive organizations, and they consistently ask for additional training — especially around trauma because of their ability to build a bridge between those receiving services and those providing services. Yet, organizations often struggle with how to maximize the power of peers.

A solution lies in the National Council for Behavioral Health's Training for Trauma-Informed Peers (TTiPs).

This two-day training trains up to 30 peers on trauma's impact across the lifespan, trauma-informed care, and the value of peer support as it relates to trauma. Eight sessions comprise the training:

- Session 1:** Beginning Where We Are
- Session 2:** Defining Trauma, Understanding Trauma's Prevalence, Differing Perspectives & the Context of Culture
- Session 3:** The ACES Study & Trauma's Neuro-, Bio-, Psycho-Social Impact across the Lifespan
- Session 4:** Self-Care Essentials: Secondary Trauma, Vicarious Trauma, and Compassion Fatigue
- Session 5:** Trauma-informed Care and Peer Support Roles, the Five Principals of Trauma-informed Care, Trauma-Informed Systems of Care & Nonviolent Communication
- Session 6:** Understanding Trauma-informed Intentional Peer Support, Principles of Intentional Peer Support & the Five Tasks of IPS
- Session 7:** The Power of the Trauma Narrative, Sharing and Listening, Storytelling & How We Use Our Stories
- Session 8:** Knowledge is Power

The training is delivered by two nationally certified Trauma Informed Peer Support Trainers and includes all materials.

Visit www.thenationalcouncil.org/training-courses/training-trauma-informed-peers to find out how you can bring TTiPs to your organization — and learn more about how it will change the way your organization addresses trauma and engages peers as leaders in trauma-informed care.



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