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Group Approaches for Community Trauma Response

Course Outline

Become Trauma Informed Today



Course Outline

TI-105 – Group Approaches for Community Trauma Response

Course Description:

While individual support and therapy may prove to be a great approach, for some, working in a supportive group may allow for a sense of community and normalization of personal struggles. Group work for trauma survivors can be approached as a healthy holding unit for establishing stabilization in the trauma survivors' symptoms. Group members can enhance each other's' recoveries through a supportive environment that encourages skill development and recovery.

At the end of this course, students will be able to utilize a Group Approach for enhancing Resiliency and Recovery among Trauma Survivors. Some of these techniques include: Psycho-education, Stabilization, Self-Reflection and Memorials. Basic information on group work along with a suggested group format will be presented.

Students will learn to facilitate non-counselling group support for their clients.

Who Would Benefit From Participation:

This course will benefit professionals, paraprofessionals, and volunteers who work with trauma survivors or wish to gain skills to do so. The courses in this certification stream are designed to enhance skills development among individuals whose work, volunteer or personal activities take them into contact with individuals or groups who have been directly exposed to trauma.

Learning Objectives:

- Learn about supportive Posttraumatic Growth, and Resiliency Enhancement Models.
- Acquire knowledge of group intake procedures.
- Promote and program development approaches.
- Learn underlying principles of group dynamics and group selection decisions.
- Address the needs of trauma survivors in a group format.
- Select an appropriate group model for the needs of treatment in a personal setting.
- Practical applications of group models with trauma survivors.
- Utilize the Resiliency & Recovery group approach for trauma survivors.
- Provide Psycho-education to group members.
- Teach stabilization, self-reflection and memorial techniques for group members.
- Learn about group promotion and program development.

Course Evaluation:

Students are required to complete all training components in order to successfully complete this program

Required Course Reading:

TI-105 Group Approaches for Community Trauma Response Manual

TI-105 – Group Approaches for Community Trauma Response Contents

Section 1: Professional Issues in Group Work

1. What qualifies as trauma?
2. The value of doing trauma work in a group format
3. Guidelines for leading Care groups
 - a. Creating and maintaining the group
 - b. Assessment of potential members to determine their appropriateness
 - c. Dynamic Issues in Groups
 - d. Potential Problems in Groups
 - e. Special considerations of treating trauma in a group format
4. Promotion and Program Development

Section 2: Resiliency & Recovery Model

1. The Resiliency and Recovery Model
2. Stressors, Triggers & Early Warning Signs
3. Psycho-Education Stress Reactions
4. Stabilization
 - a. Stabilization Exercises
 - b. Deep Breathing Exercises
 - c. Anchors or Healing Metaphors
 - d. Safe-Place Visualization
5. Self-Reflection
 - a. Practice Diary
 - b. Mindfulness Exercises
 - c. Feeling in Your Body vs. Alexithymia
 - d. Journaling
 - e. Pain monitoring
 - f. Being your own Wise Counsel (Positive Self-Talk)
6. Memorials
 - a. Letting Go and Other Rituals

Section 3: Evaluation Assignment

1. Group Program Template

Section 4: Support Materials

Appendix A: Screening Protocol for the Resiliency & Recovery Model

- Global Check Set & Scoring
- Trauma Response Checklist & Scoring
- Trauma Recovery Scale & Scoring

Appendix B: Self-Knowledge and Trauma Self-Reflection

Appendix C: Brochure and Flier

Appendix D: If you are going to help me

Appendix E: Sweat Care Manual – Yalom's 11 Post-traumatic growth Factors

Appendix F: Johari Window Exercise