

Trauma and Mental Health in a Domestic Violence Program Setting

This two day training focuses on skill building for advocates, students, and other professionals and volunteers who are or will be working in a domestic violence program setting. Day one focuses on using trauma as a lens when working with domestic violence survivors, understanding trauma and how survivors react to many situations. Day two introduces advocates to basic information about mental health. Participants will also receive copies of the new Trauma-Informed Care Protocols and Best Practices, developed by ODVN. All individuals will be encouraged and challenged to shed some of their preconceived notions about mental health and enhance their advocacy skills in a fun and supportive environment.

Training Outline

(Breakfast and registration begins a half hour prior to training start time)

Day One: 9:30-4:30

- An overview of trauma
- Trauma responses
- Emotional reactions to trauma
- Physical and behavioral reactions to trauma
- Interventions with trauma
- Vicarious trauma and self-care
- Trauma-Informed Care Protocol and Best Practices

Day Two: 9:00-4:15

- Overlap between trauma and mental health symptoms
- Labeling, diagnosis, and the DSM: Origins and Consequences
- Developing and maintaining a nurturing and supportive environment for survivors
- Avoiding revictimization
- Safety planning around mental health issues

Training Facilitators

This training will be facilitated by Tuesday Ryan Hart, former ODVN staff member with extensive experience in counseling with domestic violence survivors, and ODVN staff.

CEU Information

This training provides 11.25 CEUs for social workers and counselors.

Specific Training Details

Dates: October 7-8, 2010

Location: Lancaster

Cost: \$45 for member agencies, \$80 non-member

Host Agency: The Lighthouse

Registration Deadline: September 30, 2010

Special Note: If you feel you are unable to attend the entire training, please check our calendar for future dates. Leaving early is disruptive so we ask that you stay for the entire training. Participants must attend the full training to receive CEUs and an attendance certificate.

What to Expect:

- Important information about the role trauma plays in the lives of domestic violence survivors
- Opportunities to think critically about ways in which domestic violence impacts a survivor's mental and emotional well-being
- Learning hands-on ways in which you can assist survivors who have experienced trauma

Who should attend:

- Domestic violence program staff who work directly with domestic violence survivors
- Social workers or counselors that work in domestic violence program settings
- Administrators and program managers of domestic violence programs who want to create a safe environment for DV survivors