

## REGISTRATION

Please email information requested or fax this completed form to

[cheryldoucette@ihis.org](mailto:cheryldoucette@ihis.org)

Fax: (902) 368-6186

Name: (Print) \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

**FREE**, lunch and nutrition breaks included

Will you be staying for the provided lunch?

Yes  No

Dietary Needs (check if any)

Gluten Free  Vegetarian

**Registration Deadline: May 20, 2014**

Seating is limited so please - register early.

\*One day registration is available for May 28<sup>th</sup> but attendance both days is strongly encouraged.

\*Priority will be given to those who register for both days.

## Wednesday, May 28, 2014 AGENDA

8:30-9:00

- Registration

9:00-9:10

- Welcoming Remarks

9:10-10:30 and 10:45-12:00

What do we mean by trauma-informed (TI)

- Trauma Informed (TI) positioning
- Trauma and ongoing experience of violence
- Understanding TI responses
- TI care and the Social Determinants of Health
- TI community-based care vs Trauma Specific therapy
- Discussion

12:00 - 12:30 LUNCH

12:30 - 1:00 NETWORKING

Getting to know the family resource centres

1:00 - 2:30 and 2:45-4:00

Integrating TI Principles in our Everyday Practices

- Recognizing responses to violence and trauma
- Integrating recovery across all service delivery contexts
- Supporting self-determination
- Attending to the significance of actions
- Working collaboratively
- Emphasizing safety, choice, control over processes
- Making strengths and resilience visible
- Minimizing re-traumatization
- Increasing cultural competence
- Integrating the people we serve into ongoing evaluation of processes
- Discussion

## Thursday, May 29, 2014 AGENDA

9:00-10:30 and 10:45-12:00

What Can Implementation Mean for the Families We Serve?

Practice Session One : Child, Youth, Adult and Family Centered Trauma Informed Practice

Exploration through case examples

- Altering our perceptions of the "barriers"
- Building and sharing TI knowledge
- Shifting our values and attitudes
- Changing language and communication

12:00 - 1:00 LUNCH

1:00-2:30 and 2:45-4:00

What Can Implementation Mean for the Families We Serve?

Practice Session Two : Embedding Trauma Informed Practice within Child, Youth, Adult and Family Centered, Trans-Disciplinary Community Collaboration using case examples

- Increasing community collaboration
- Increasing our capacity to meet people where they are and provide the supports they identify are needed
- Discussion
- Next Steps
- Evaluation

## About the Trainers

Nancy MacDonald is the Executive Director of the community-based therapy and programming agency, Family Service of Eastern Nova Scotia [www.fsens.ns.ca](http://www.fsens.ns.ca). She has spent over seventeen years working with the agency in serving families. She continues to work directly with men and boys, in the field of family violence, as a programmer and therapist. She provides leadership to the first and only Men's Health Centre in Nova Scotia, which creates awareness of the inequities that exist in service provision to men and boys and, through collaborative practice, creates change. Her passion and keen interest lies in creating organizational and system change through Trauma Informed practice. She is the Co-Founder, with Art Fisher, of the Nova Scotia Trauma Informed Network. Nancy's professional history involves teaching and she has developed and facilitated numerous workshops and presentations throughout NS.

Art Fisher is Director of Family Service of Western Nova Scotia, [www.fswns.org](http://www.fswns.org), Co-Founder together with Nancy MacDonald of the Nova Scotia Trauma Informed Network, Guest Lecturer at Narrative Praxis, Copenhagen, and an international, national and local trainer on Violence and Trauma Informed Practice. In the past decade, he has facilitated over eighty workshops in fifteen countries. His work is referenced in articles and interviews internationally. He works as a community-based practitioner together with at-risk youth, adults, and families, individual, conjoint, family, group and community settings.

## Why Become Trauma Informed?

Becoming "Trauma Informed" is about engaging in service transformation across all existing aspects and service delivery components within organizational, community and cross-jurisdictional practice.

Most if not all vulnerable children, youth, adults and families accessing our supports have knowledge of being harmed and skill at responding to harm. Trauma Informed Practice is consequently about increasing our capacity to engage with citizens without re-traumatizing, respond helpfully to the needs they identify and increasing our preventative capacity together in communities.

It's not about adding new Trauma Specific programs to our existing structures but rather about transforming those structures according to Trauma Informed principles of practice.

### Event Sponsored By :

**PEI FAMILY RESOURCE CENTRES  
with funding from  
the Public Health Agency of Canada  
and  
office of the PEI Family Violence Prevention &  
Community Development Coordinator**



## TWO-DAY WORKSHOP

### Preventing Family Violence by Building Trauma-Informed Community Practices

Wednesday May 28 and Thursday May 29, 2014

9:00a.m - 4:00p.m.

Murchison Centre  
17 St. Pius X Avenue  
Charlottetown, PEI  
[www.murchisoncentre.com](http://www.murchisoncentre.com)

### Training Suitable for

Family resource staff and staff from other organizations and formal structures who support at-risk families.

### Workshop Goals

1. Enhance Trauma Informed Practice among PEI Family Resource Centre staff and other PEI service providers to prevent family violence
2. Discuss how we bring this analysis and approach to our daily work with partners and colleagues across the public and mental health systems.