



Dealing with Personal and Workplace Related Trauma

Overview

This course addresses navigating personal and workplace-related trauma, offering strategies for resilience, recovery, and creating supportive environments. Participants will learn to recognize symptoms and implement effective response and treatment methods.



How This Course Will Benefit You

Engaging in this course will empower you with the knowledge and tools to effectively address and support trauma within the workplace. You'll gain insights into recognizing signs of trauma, understanding its impact on work performance and relationships, and applying therapeutic approaches like CBT and EMDR. By fostering a trauma-informed workplace, you can contribute to a culture of empathy, resilience, and productivity, ensuring employees feel supported through challenging times. This course is essential for creating a safe and supportive work environment where every employee has the opportunity to thrive.

Course Objectives

Equip participants with skills to manage and support trauma-impacted individuals in the workplace.

- Identify symptoms of trauma, including emotional and physical responses.
- Understand and apply cognitive behavioral therapy (CBT) and other treatment methods.
- Develop workplace strategies for immediate and long-term support for trauma-affected employees.
- Learn to facilitate group debriefing and individual therapy for enhanced resilience and coping.

Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals