



**CHRISTIE'S PLACE**

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# CULTURAL HUMILITY AND TRAUMA-INFORMED CARE TECHNICAL ASSISTANCE

**Provided by:**

Christie's Place

**Contact Info:**

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# About Us



## Christie's Place

Situated within a social justice framework, Christie's Place is a leading nonprofit community based organization in San Diego County that provides comprehensive HIV/AIDS education, support, and advocacy. Our mission is to empower women, children, and families whose lives have been impacted by HIV/AIDS to take charge of their health and wellness.

Christie's Place began integrating trauma-informed care into their program after realizing the high degree of need among their clients. Developed as a guiding philosophy, the ongoing and dynamic structure of the Christie's Place model of trauma-informed service provision was influenced by training and technical assistance from the Office on Women's Health, literature on trauma-informed care and service provision, and 20 years of experience and lessons learned via the provision of HIV social services focused on the needs and experiences of women living with HIV. Christie's Place's efforts to better recognize and address the intersection between HIV and violence among women and girls were undertaken in conjunction with the needs of the organization, staff, and consumers.



# SCOPE OF WORK


## **FIVE SESSION**

### **TRAINING SERIES**

Our team can offer a virtual or in-person comprehensive training package that includes all topics listed in the training menu. This includes training facilitation, relevant resources and handouts, assessments, dedicated time for Q&A, and training slides for five one hour long sessions.

## **A LA CARTE TRAINING & TEAM SKILLS BUILDING**

Our team can offer a virtual or in-person one session training for two hours to include an hour of team skills building around any of the topics listed in our training menu. This includes training facilitation, tailored resources for your agency, and guided skills building.



# TRAINING MENU

*Technical assistance can be customized to agency needs*

## INTRODUCTION TO TRAUMA-INFORMED CARE

*Minimum one hour training, can be expanded based on agency needs*

This training provides the fundamental basics of trauma-informed care including the definition of trauma, how experiences of trauma can impact an individual, and why trauma-informed models of care are important. This training also provides examples of existing trauma-informed models, and specific considerations and suggestions for creating a trauma-informed environment.

## TRAUMA-INFORMED LANGUAGE

*One hour training*

This training addresses the power of language and the importance of how to speak to a person with lived experiences of trauma. The training covers key elements such as person-centered language, gender pronouns, and non-verbal communication and also provides examples of real life scenarios for participants to see how it comes together in practice.

## PHYSIOLOGY OF TRAUMA

*Minimum one hour training, can be expanded based on agency needs*

This training takes you through the physiological responses during an experience of trauma and how these responses can continue to present themselves when a person is under stress. You will learn how the nervous system records traumatic events and understand when someone is having a response to a traumatic cue.

## CULTURAL HUMILITY AND HISTORICAL TRAUMA

*Minimum one hour training, can be expanded based on agency needs*

This training offers Cultural Humility as another vital lens in service provision. We explore the three tenets of Cultural Humility and how to fold them into a trauma-informed model of care. This training also addresses the impacts of cultural and historical trauma and how the tenets of Cultural Humility can be utilized to mitigate further harm to vulnerable communities.

## VICARIOUS TRAUMA

*One hour training*

This training addresses impacts of secondhand trauma on service providers or people in helping-professions. We will cover the signs and symptoms of compassion fatigue and ways that staff and institutions can mitigate its weight on their employees.

