

Safety First: Trauma-Informed Care with People Experiencing Substance Use Disorders

Program Description

Widely demonstrated in the literature on substance use disorders, trauma experienced by the person is a common and primary part of the sequelae leading to addiction. Traumatic life experiences can unfortunately also be a part of a person's time as a substance user.

This training will present a brief overview of what constitutes single incident or developmental traumas; what it means to be a trauma-informed practitioner; awareness of vicarious or secondary traumatization and related social worker self-care. Participants will learn how to consider trauma in their approach to working with clients and in their ability to thrive as a practitioner.

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Explain how trauma can influence treatment of substance users.
2. Describe the practice of trauma-informed care.
3. List examples of trauma and its effects on individuals.
4. Demonstrate types of trauma-informed care.
5. Outline how traumatic stress factors into the care of clients experiencing substance use.
6. Identify how substance use compensates for deficits related to trauma and avoidance of stressors and affects functioning.
7. Explain self-care and community care to combat secondary traumatization and compassion fatigue.

Target Audience

Social workers, mental health clinicians, substance use counselors, qualified professionals

Contact Hours

3.0 contact hours

Program

9 AM to 9:50 AM	Introduction and Topics: Trauma and its connection to SUDs
9:50 AM to 10:00 AM	Self-Care Practice
10:00 AM to 10:15 AM	Break
10:15 AM to 11:15 AM	Trauma-Informed Care with SUD treatment
11:15 AM to 11:30 AM	Self-Care Practice
11:30 AM to 12:15 PM	Wrap-up/questions

Faculty

Chris Toenes, LCSW, LCAS, CCS-I, has over ten years of practice in community mental health/substance use disorder (SUD) treatment programs providing group and individual counseling and many practice modalities including DBT, Seeking Safety, Healthy Relationships for those recovering from trauma and SUD, grief and loss, trauma treatment using EMDR and cognitive work, trauma-informed care, SUD relapse prevention. Clinical supervision with associate-level social workers and

masters-level social work and counseling students. Longtime social work field instructor for UNC School of Social Work, North Carolina Central University, North Carolina State University, and experienced task supervisor for Master of Counseling, MFT, and PhD students.