



# Inclusive Trauma Informed Practice Through a Lens of Cultural Safety

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May 10 and 11, 2021

*Through an exploration of our own cultural upbringings, values and traditions, participants will reflect on how these affect our perspectives and practice.*

Using interactive group discussions, case scenarios, and introspective activities, the workshop will help participants better understand the impacts of colonization; what trauma is and how to recognize its signs and symptoms; and how to develop strategies to support meaningful healing processes. The workshops also discuss:

- How colonization affects child development and impacts the health of Indigenous people
- The importance and relevance of Cultural Safety (CS) and Trauma-Informed Practice (TIP) in early childhood interventions
- The reception and efficacy of childhood intervention services, reflecting on ways that health intervention practices can actually perpetuate and recreate trauma
- Adverse childhood experiences and how they affect brain development, physical development and emotional regulation
- Trauma responses, complex traumas: intergenerational trauma and community level trauma
- Social determinants of health – including unique social determinants of health for Indigenous people – and their relevance in early childhood development
- Power imbalances and institutional discrimination

## 12-hour virtual learning workshop

**Dates:** Monday and Tuesday May 10 & 11

**Time:** 9:30 a.m. to 3:30 p.m. with breaks and a lunch hour

Available for members of the Family Resource Programs of B.C.

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## Registration

Registration is available through their website: [frpbc.ca](http://frpbc.ca)