

Safe Learning Environment and Learner Self-Care Plan

Safe Learning Environment:

- While this workshop does discuss trauma, it will not include graphic details of trauma.
- Part of my role as a facilitator is to ensure a safe learning environment, which includes limiting your exposure to graphic details of trauma. If someone is participating in a discussion and I feel they may begin to disclose details of trauma, I will engage and review these safe learning environment guidelines.
- You will not be asked to share any details of your own history with trauma or ACE(s).
- Gentle reminder that this is an educational workshop for helping professionals and not a therapeutic intervention.

Learner Self-Care Plan:

- 1) What you will do if you begin to feel distress during a discussion or reading, such as leaving the room for a break or taking a break from the reading material.
- 2) How you will care for yourself if you feel distress, such as practicing relaxation or mindfulness, prayer, spiritual practice, connecting with a support, exercise, music.
- 3) What resources you will connect with if you feel your distress is increasing and you're not able to manage it, such as local resources, school resources, community resources.
- 4) How you will approach your instructor should you want additional support (email, come early or stay after class, phone).