

# Integrating Trauma-Informed Care Into Group Therapy

**Friday, February 9<sup>th</sup>, 2018**

**9 a.m. - 4:30 p.m.**

**Location:**

**PeaceHealth Southwest  
Health Education Center  
600 NE 92nd Ave.  
Vancouver, WA 98664**

**Who should attend?**

Administrators, program directors,  
supervisors, addiction treatment providers,  
counselors, case managers, social workers,  
interns and probation officers.

**This training is approved for 6 CEU  
hours through NAADAC.**

“Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives.”

[Bessel A. van der Kolk, \*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma\*](#)

In this combined informational and interactive workshop, counselors will learn how to incorporate trauma-informed counseling practices and approaches into their work with substance use and mental health groups. This workshop will cover best practice approaches for three different kinds of groups: Motivational interviewing, relational/process, and cognitive behavioral groups. Participants will learn trauma-informed group leadership skills to increase their competence and confidence when working with trauma issues in group settings. In addition, the training will cover group therapy strategies to address triggers, relapse, and long-term recovery. *This is an experiential training, and we invite your participation.*

Participants of this training will gain knowledge to:

- Identify SAMHSA's 6 key principles of a trauma-informed approach and trauma-specific interventions,
- Learn three trauma-specific interventions through experiential practice and demonstration of skills,
- Develop a number of leadership skills for increasing counselor competence.
- Recognize common group challenges and increase efficacy at facilitating group member participation, and
- Recognize trauma triggers and address relapse events that can impact continued group participation and ongoing recovery.

**This training is sponsored by Kaiser Permanente.**

**Robert S. Dobres, LCSW    John Raven, LPC, CDP, CADC II**

**Ashlee Whitehead, LPC, CADC I**



**Chemical Dependency  
TRAINING  
CONSORTIUM  
of the Northwest**

**Visit our website  
[www.addictionceu.org](http://www.addictionceu.org)  
for additional training  
information and posting of  
future events.**

**Register at:**  
<http://feb2018cdtc.bpt.me/>

CDTC Agency Members \$50.00  
Non-Member \$75.00  
Student \$50.00  
\*\*Proof of Enrollment required.

This course has been approved by CDTC  
as a NAADAC Approved Education  
Provider, for educational credits.  
NAADAC Provider #100385.

**Chemical Dependency  
Training Consortium  
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