



Trauma-Informed Care

In this 1.5 hour workshop, you will learn the basics of trauma, the principles of trauma-informed care, and tools to build a trauma-informed health system for healthcare workers and those they serve.

This introductory training is designed for healthcare workers to learn:

- What is trauma-informed care?
- How to apply trauma-informed care principles in the workplace?
- How can workers reduce stress, address vicarious trauma, and engage in self-care activities?

Upcoming Workshops:

Thursday, August 24

1:00-2:30 PM ET /
10:00-11:30 PM PT

Tuesday, September 12

3:00-4:30 PM ET /
12:00-1:30PM PT

Thursday, October 19

3:00-4:30 PM ET /
12:00-1:30 PM PT

For more info:
hcapinc.org/h-cap-academy