

Trauma-Focused (TF) Skills Workshop Series

Note: Currently, this workshop series is only available to internal learners with access to MyLearningLink.

Series Description

General Information

Duration: Each workshop is 3 hours.

Course Access: To view the schedule or register, search for "Trauma-Focused Skills Workshop Series" on **MyLearningLink**.

Pre-requisites: Completion of all 7 modules in the Trauma and Violence-Informed Care (TVIC) eLearning series is required before registering.

Developers: Recovery Alberta, Provincial Practice Supports

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Overview

The Trauma Focused (TF) Skills Workshop Series includes three (3) virtual workshops, each lasting three hours. Building on the foundational knowledge from the TVIC eLearning series, these workshops focus on developing practical trauma-focused skills. Participants will deepen their understanding of engagement and safety-building, learn to apply stabilization techniques, and explore ways to describe and support resiliency in their practice.

While participants are encouraged to complete all three workshops, they may attend any combination based on their clinical development needs. A certificate of participation is available in MyLearningLink within 10 business days after completing a workshop.

TF Skills Workshop Series has been accredited as a Simulation Activity program (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Calgary Office of Continuing Medical Education (CME) and Professional Development.

Note: These workshops are not a substitute for trauma-specific intervention training (e.g., EMDR, ART, Prolonged Exposure). Instead, they offer generalized training to help healthcare professionals build confidence, knowledge and skill in foundational trauma-informed practices.

Important Notes

Eligibility and Scope of Practice:

These workshops are designed for clinical staff who directly implement trauma-focused skills. Please ensure the content aligns with your scope of practice. The workshops are not suitable for

Trauma-Focused (TF) Skills Workshop Series

administrative staff or those in limited treatment roles (e.g., housing coordinators, peer support workers, client care assistants).

Mandatory vs. Optional Training:

These workshops are intended for professional development and are optional. If your program has designated them as mandatory, please note this is a program-specific decision and does not guarantee registration. Due to high demand, registration is first-come, first-served, and no waitlist is maintained.

Commitment to Attend:

Due to high demand, registration is a commitment to attend. If you are unable to participate in the full session, please provide 48 hours' notice by contacting amh.practicesupports@recoveryalberta.ca.

Global Series Objective

By the end of the workshop series, participants will be equipped with foundational knowledge and practical skills to effectively support individuals impacted by trauma and/or violence. They will be able to foster psychological safety and engagement, apply stabilization techniques, understand and utilize the 3-phase model of trauma treatment, recognize and respond to subtle dissociative dynamics, and apply the Window of Tolerance framework to enhance resiliency and regulation.

Learning Objectives

Workshop Title	Description	Learning Objectives
Workshop 1: Engagement	Individuals who have experienced trauma and violence are often reluctant to engage in mental health and addiction treatment. This is especially true for individuals seeking trauma-focused interventions. This workshop will support healthcare providers in better understanding therapeutic engagement including: the importance of the therapeutic alliance, how to explain trauma and trauma-focused interventions and how to implement a 3-phase approach to trauma treatment.	• Discuss the importance of engagement skills in trauma treatment. • Discuss common reactions to trauma and violence with the people you work with. • Explain trauma and trauma treatment to the people you work with, including the 3-phase approach. • Describe how to use screening tools and have conversations about trauma.

Trauma-Focused (TF) Skills Workshop Series

Workshop 2: Teaching Stabilization Skills	Preparing trauma and violence survivors for trauma-focused treatment is essential for improving both engagement and treatment outcomes. Stabilization skills are a key component of this preparation. This workshop introduces healthcare providers to a variety of skills and scaling techniques to support stabilization, including a discussion on how to recognize when a trauma survivor is ready to proceed with further treatment.	• Summarize the definition of trauma and what is involved in trauma treatment. • Explain the rationale for learning a variety of stabilization skills and situate these skills within the context of trauma treatment. • Explain and demonstrate the use of the SUDS Scale. • Demonstrate and teach a variety of stabilization skills. • Discuss indicators of readiness for proceeding with further treatment.
Workshop 3: Enhancing Resiliency and Working with Subtle Dissociation	Difficulty regulating and tolerating emotions is common amongst trauma and violence survivors. This difficulty with emotional regulation can influence a person's ability to stay present and engage in trauma-focused treatments. In this workshop, healthcare providers will learn how to assess and work with presence using the window of tolerance. The workshop will also support healthcare providers in better understanding subtle dissociation and key strategies for supporting people in enhancing resiliency.	• Describe the Window of Tolerance and practice introducing it to the individuals you work with. • Summarize key strategies for helping people expand and return to their window of tolerance. • Describe key symptoms associated with subtle dissociation. • Demonstrate relevant strategies for working with people who experience subtle dissociation in session.

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