

# CONTINUING EDUCATION SERIES FOR PEER SUPPORT COUNSELORS

## Trauma Informed Peer Support

The Trauma-Informed Peer Support Workshop explores the elements of safety, transparency, reciprocal and collaborative relationships, cultural considerations and personal exploration to find the meaning each of us attach to our experiences of trauma and loss. It explains how the peer relationship is key to recovery from trauma and challenges in each of us to discover our own Next Steps. The training is interactive, engaging and a critical tool for peer support specialists. It is based on real peers own lived experience of trauma and recovery.

### Speaker

#### Nancy Dow

Nancy Dow's work with trauma survivors spans 30 years where she came to understand that services and programs for people with lived experience of mental illness and/or substance abuse, must be trauma informed. She was trained by Leah Harris of the National Center for Trauma Informed Care, served as peer consultant to the King County SAMHSA Trauma Informed Care Grant and she presented Trauma Informed Care to all Harborview Inpatient Psychiatry staff in 2014. Nancy works on the Harborview Psychiatric ICU on the Peer Bridger team.



**Date: December 2, 2019**

**Place: Spokane County    Time: 9:00am - 4:30pm**

Lunch will not be provided, please plan accordingly.

### Registration

Please register at [www.holdingthehope.com/events](http://www.holdingthehope.com/events)

Seating is limited, pre-registration is required. Employed certified peer counselors will be given first priority. Please send questions to Sharon Holmes at [sharon@holdingthehope.com](mailto:sharon@holdingthehope.com).

*Sponsored by the Washington State Health Care Authority (HCA), this workshop is free of cost.*

### Holding the Hope

Holding the Hope is a peer owned and peer run organization providing workforce development in the behavioral health industry. They are sponsored by The Health Care Authority, Division of Behavioral Health and Recovery, Peer Support Program to bring you this workshop.