

**CONTINUING EDUCATION SERIES
FOR PEER SUPPORT COUNSELORS**

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.

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: May 30, 2018

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

Please register at:

www.holdingthehope.com/events

Lunch will not be provided, please plan accordingly.

Sponsored by the Division of Behavioral Health and Recovery (DBHR), this workshop is free of cost.

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.

