



KATE TOYE: TRAUMA AWARE COMMUNICATION

Being aware of how trauma presents in people is a critical skill for family support professionals, teachers, caregivers, parents, truly any one in relationships. In this workshop, we will learn about ourselves, we will explore how we perceive and filter information and learn communication strategies that are based on understanding trauma.

Through self-compassion and non-judgmental experimental activities participants will be able to see how information is filtered and perceived and how this can affect communication.

Past participants have shared that this workshop has highlighted the importance of personal responsibility in communication. Others have shared that it helped make a positive shift in their workplace as employees/co-workers communicate differently.

Learning Objectives

- The role that we play as the professional individual in trauma aware communication
- How to recognize your personal “triggers” and how to separate that from the situation you are currently in
- Learn how to be self-compassionate and curious (rather than judgmental) as you become aware of your cognitive distortions and communication style
- To acquire skills on how to be mindful with information, internal dialogue, and how one communicates information
- To become aware of communication styles and how to be a responsible communicator
- To create a common understanding/language about trauma

www.katetoye.com

**SATURDAY
SEPT 21**

9:00 AM - 3:00 PM (PST)

Full Day in person workshop, 696 Main St, includes lunch

REGISTER HERE

Questions? 250.492.2926



ChildCareBC

Funding for the CCRR is provided by the Province of British Columbia.

www.gov.bc.ca/ChildCareResourceReferralCentres