



# Building Communities of Care Informed Workshops

**TIME:** 2 hours per workshop **COST:** \$500/hour for up to 30 participants

**AUDIENCE:** The content within these workshops can be individualized to meet the needs of various settings and personnel including but not limited to: school settings, community based services and supports, and caregivers.

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## 1 An Introduction to Trauma-Informed Care

This workshop provides an overview of the role various factors play in trauma informed care. Participants are introduced to a variety of skills such as: verbal skills, personal space awareness and accurate attunement to an individual that takes into account the impact of trauma and triggers.

## 2 Creating a Trauma-Informed Environment

This workshop teaches participants the importance of safety within the environment and specific strategies for how you can set up your physical space to best meet the needs of those who may have been impacted by trauma. Examples may include – minimization of triggers, access to regulation skills, and sensory considerations that impact whether or not a space is overstimulating or fostering regulation. Please note, these strategies are not limited to use with individuals who have been directly exposed to trauma.

## 3 De-Escalation through Verbal and Non-Verbal Interventions

This workshop teaches participants a variety of strategies to be able to support an individual who is escalating. Participants will learn the importance of individualized interventions which will include both verbal and non-verbal responses and approaches.

*\*A follow up workshop focusing on practical application of interventions and experiential practice is available upon request following completion of this workshop.*

## 4 The Role of Engagement in Relationship Building

This workshop teaches participants the importance of engagement in the relationship building process and the skills necessary to develop and maintain safe and healthy relationships. Participants will explore how this domain may be impacted for individuals who have been exposed to trauma directly or indirectly. Specific engagement strategies will be presented.

## 5 Attunement and Validation

This workshop teaches participants the importance of attunement to the individuals, yourself, and colleagues. It focuses on the importance of being able to read verbal and non-verbal cues from the individual, as well as recognizing your own triggers. This workshop also discusses the importance of validation and how correctly doing so, can support an individual's growth and overall regulation.

## 6 Effective Limit Setting

This workshop teaches participants how to effectively set limits. It reviews a variety of different approaches to take when setting limits, in order to effectively support the individual's needs. It discusses the importance of how you communicate the limit with not only your words, but your body language and the way it is framed. Special attention is given to determining when an individual is in need of regulation vs limit setting.

## 7 The Role of Trauma Informed Systems in Crisis Prevention

This workshop teaches those in administrative and leadership roles the importance of systems, communication (attunement), individualization, and proactivity in service of crisis prevention. Through this lens, we can create individualized, strength-based interventions to meet individuals where they are in that moment and safely support them in developing the ability to better regulate their physiological responses.

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For more information or to schedule a training please contact:

**Tara Sagor, CAGS, LMHC**  
Director of Training & Trauma Response  
Justice Resource Institute  
[tsagor@jri.org](mailto:tsagor@jri.org)

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