



In partnership with Trauma Transformed, Alameda County Behavioral Health is proud to present:
Trauma-Informed Leadership: A Series on Best Practices

This is a six-part training series on strengthening and sustaining a trauma-informed system. You are invited and encouraged to join the full series, but you are also welcome to join the individual sessions that work best for you. Each session meets virtually for two hours. Click on the title of the training to complete registration. Please register for all the sessions you wish you attend so you can receive each calendar invitation.

SESSION 1: Balance and Sustainable Culture on Thursday, April 16th from 10am – 12pm

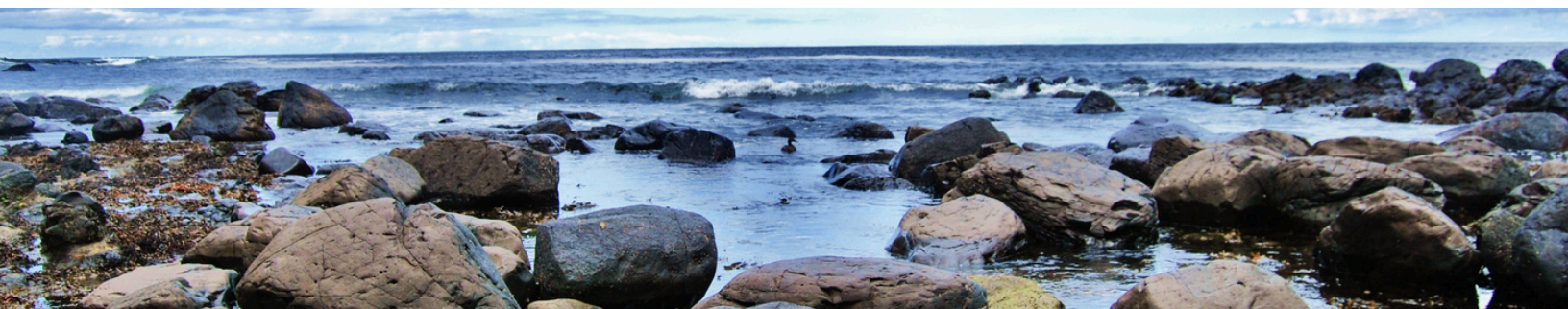
The goal of this training is to support participants to better hold the overwhelming nature of how much is often asked of us in our work and in our lives. In the midst of a system with too much demand, participants will spend time in this training thinking of ways we can responsibly care for ourselves, our clients, and our institutions.

SESSION 2: Navigating Power Dynamics on Monday, May 4th from 12pm – 2pm

This training will explore the varying power dynamics that are present in our workplaces, across aspects of our identities, our positionality, and more. Participants will be invited to reflect on some of the ways they hold and/or are impacted by power dynamics. We will discuss strategies and best practices for mitigating negative impacts of power dynamics in order to strengthen connection, culture, and overall work.

SESSION 3: Inclusive Leadership Practices on Wednesday, May 13th from 10am – 12pm

This session will define and explore best practices of inclusive leadership. Inclusive leadership embraces diversity and difference, and is grounded in understanding power, including practices for power building and power sharing. We will explore some of the most common barriers to inclusion in the workplace, and focus on the mindsets and practices that can address these barriers in order to build a more inclusive culture.





SESSION 4: Trauma Informed Communication on Wednesday, May 20th from 10am – 12pm: Effective communication is more than just our words. Grounded, trauma-informed communication is about relationships and prioritizing the experience of others in order to minimize the impact of stress and trauma on them. In this training, we will identify the challenges of trauma-informed communication and explore the 3 M's of trauma-informed communication – meeting, metabolizing, and mending. We will apply and practice our understanding of the 3 M's with case studies.

SESSION 5: Navigating Organizational Practices and Changes on Thursday, June 4th from 10am – 12pm: This training will explore common challenges that emerge within our workplaces in relation to organizational practices and changes. Within all our workplaces, we have various practices, cultural norms, and changes that we are continually navigating. At times, they may be easy to navigate and adjust to while, at other times, we may feel in conflict with a trauma-informed approach. Participants will discuss strategies and best practices for navigating organizational practices and changes with trauma-informed practices and approaches.

SESSION 6: Practicing Complexity Thinking on Wednesday, June 10th from 10am – 12pm Complexity thinking is the practice of embracing nuance and holding space for multiple perspectives and experiences to exist. Complexity thinking requires us to continually attune to ourselves, those around us, and the systems we are existing within to make informed, grounded decisions. This session will be focused on practices for holding complexities with a trauma-informed approach. We will focus on defining complexity thinking, and then move into practical application through case study samples and discussion.

We look forward to seeing you virtually for these sessions! Please reach out to Colleen at Trauma Transformed with any questions.

