

Becoming Trauma Informed:

A Training for Correctional Professionals

Overview

This set of training materials is designed to enhance the services provided to women and girls in the criminal justice system. The original material was commissioned by the Correctional Service of Canada for use in their ongoing training program. The training is intended for all levels of staff and administration in a correctional setting. *Becoming Trauma Informed* (BTI) was developed by Dr. Stephanie Covington and is now available for criminal justice agencies in both Canada and the US. There are specific editions for each country.

Topics

- Levels of violence
- Process of trauma
- Trauma triggers and reactions
- De-escalation strategies
- Self-care

Objectives

- Learn about the pervasiveness of violence in the world and in the lives of women and girls in the criminal justice system
- Know the definitions of violence, trauma, and being “trauma informed”
- Understand how knowledge about trauma can make correctional jobs easier
- Develop skills in working with women/girls who have experienced trauma
- Learn about self-care