

TRAUMA-INFORMED LEADERSHIP IN THE AGE OF COVID-19



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Current times and challenges call for a skill set and tools to lead health care teams on the frontline of COVID care. Creative Health Care Management has developed a program to educate and support executives and managers through this crisis by deepening their capacity to understand the impact on their own personal and professional lives. This experiential learning provides relationship-based and trauma-informed interactions and communication strategies to help you support your teams. You will learn trauma related concepts and intervention techniques to enhance your own and your teams' wellbeing, building a foundation for resiliency and the potential for post traumatic growth.

Modalities

This program will include didactics, skill-building and practice, group processing and 1:1 coaching to support self-care for health care executives, managers and their teams. Program includes one additional hour of consulting time.

Program Sessions and Learning Objectives

1. Trauma basics and COVID-specific trauma
 - Understand how trauma reactions & symptoms may manifest
 - Explore self-care and self-compassion as basic tenets of trauma-informed leadership and resilience
2. Trauma-informed Care and how to apply concepts to develop as Trauma-Informed Leaders
 - Describe key tenets of Trauma-Informed Care and how to apply these tenets to managing as a Trauma-Informed Leader
3. The Relationship as a Healing Force: How to talk about what's happening
 - Learn and practice relational skills fostering connection with and resilience in yourself and your staff
4. Fostering individual and institutional Resilience and creating opportunities for Post Traumatic Growth
 - Understand the role of Resilience in Post Traumatic Growth
 - Describe the domains of and steps toward Post Traumatic Growth

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