

# TRAUMA INFORMED LEADERSHIP IN THE AGE OF COVID-19



CREATIVE  
HEALTH CARE  
MANAGEMENT



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 posttraumatic growth.

## Modalities

This virtual 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

### Session One: Stress and Trauma Basics

- Understand how trauma reactions and symptoms may manifest
- Explore self-care and self-compassion as basic tenets of trauma informed leadership and individual wellbeing

### Session Two: A Relational Framework for Trauma Informed Leaders Starts with Self

- Describe key tenets of Trauma Informed Care and how to apply these tenets to managing as a Trauma Informed Leader
- Reflect upon a relational framework for Trauma Informed Leadership

### Session Three: A Relational Framework for Trauma Informed Leaders Application to the Team

- Learn and practice relational skills fostering connection with yourself and your staff
- Describe and discuss the domains of posttraumatic growth

### Session Four: Pulling it All Together and Posttraumatic Growth

- Understand Posttraumatic Growth and the ways Trauma Informed Leadership can facilitate growth
- Explore steps toward Posttraumatic Growth

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