

Rooted in Care: Strong Support Starts Within Trauma-Informed Care for Direct Support Professional Well-Being

Workshop Overview

This workshop explores the importance of trauma-informed care within the work of Direct Support Professionals (DSPs). Participants will gain a foundational understanding of what trauma is, including different types of trauma and how trauma experiences can impact the individuals we support. In addition, the workshop emphasizes the well-being of DSPs themselves. Participants will explore strategies for self-care, reflection, and maintaining personal wellness so they can continue to provide compassionate, effective support. By focusing on both the needs of the people we support and the well-being of support staff, this workshop reinforces that strong, trauma-informed care begins with caring for ourselves.

Learning Objectives:

By the end of this workshop, participants will be able to:

- Recognize the principles of trauma-informed care and their application within DSP roles.
- Apply compassionate, respectful, and person-centered approaches that support emotional and physical safety.
- Identify the impact that supporting others can have on staff wellness, stress, and professional functioning.
- Explore practical self-care, reflection, and wellness strategies to support resilience and reduce burnout.
- Understand the connection between personal well-being and the ability to provide effective, trauma-informed support.

Why Attend?

This workshop offers DSP's a meaningful overview to trauma-informed care while also recognizing the importance of staff wellness in providing quality support. Participants will strengthen their understanding of how trauma impacts the individuals they support and learn practical strategies to respond with empathy, safety, and respect. Equally important, the workshop encourages reflection on personal wellness and self-care practices that help sustain compassionate and effective support over time. Attendees will leave with increased awareness, practical tools, and greater confidence in supporting others while also caring for themselves.

Presenter(s): Tonya Drost & Aislynn Hatt-Lamarre

Date: November 12, 2026

Time: 9:00 – 4:00

Cost: \$60.00

Location: VIRTUAL

Registration Details:

WORKSHOP ID: TICNOV2026

Name:

Email:

Agency/Organization:

Please forward the completed registration form to: rssadmin@woodstockhospital.ca