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## Trauma Sensitivity

### Focus and rationale:

The workshop focuses on enhancing social workers' understanding and sensitivity to trauma when providing support to migrant women. It acknowledges that migrant women often face unique and compounded traumas related to migration, such as violence, displacement, and discrimination. The rationale behind the workshop is to ensure that social workers are equipped with the knowledge and skills necessary to provide trauma-informed care, creating a safe and supportive environment for migrant women to heal and thrive.

### Considerations for implementation:

**Cultural Sensitivity:** Recognize and respect diverse cultural backgrounds and experiences among migrant women, adapting approaches to trauma sensitivity accordingly.

**Safety and Confidentiality:** Create a safe and confidential space for participants to engage in discussions and activities related to trauma.

**Interactive Learning:** Utilize interactive activities, case studies, and group discussions to facilitate active learning and engagement among participants.

**Ethical Considerations:** Address ethical considerations related to trauma sensitivity, such as informed consent, boundaries, and confidentiality.

**Self-Care:** Emphasize the importance of self-care for social workers in maintaining resilience and preventing burnout when working with trauma survivors.

Key objectives for your workshop:

1. **Enhance Understanding:** Increase participants' understanding of the prevalence, impact, and manifestations of trauma among migrant women.
2. **Promote Sensitivity:** Foster sensitivity and empathy towards trauma survivors, recognizing the diverse experiences and responses to trauma.
3. **Integrate Trauma-Informed Care:** Equip participants with the principles and strategies of trauma-informed care, emphasizing safety, trustworthiness, choice, collaboration, and empowerment.
4. **Facilitate Reflection:** Encourage participants to reflect on their own biases, assumptions, and reactions to trauma, promoting self-awareness and growth.
5. **Empower Action:** Empower participants to apply trauma sensitivity principles in their practice, supporting migrant women's healing and resilience in the face of trauma.

By addressing these objectives and considerations, the workshop aims to equip social workers with the knowledge, skills, attitudes needed to provide effective and sensitive support to migrant women who have experienced trauma.

Name of the activity:	<b>Ice breaker activity: “Trauma Awareness Reflection”</b>
Aim:	<b>Build connection. Promote Empathy. Set the Tone. Encourage self-reflection.</b> Create supportive and empathetic atmosphere at the beginning of the workshop, laying the foundation for meaningful discussions and learning about trauma sensitivity in the context of working with migrant women.
Duration:	15 minutes
Materials Needed:	<ul style="list-style-type: none"><li>● Notepads or paper for participants to write down their reflections during the icebreaker activity.</li><li>● Pens or markers for participants to use during discussions and activities.</li></ul>
Description of the activity:	<ul style="list-style-type: none"><li>● Participants are asked to reflect individually on a time when they felt overwhelmed or experienced a challenging situation.</li><li>● After reflection, participants pair up and share their experiences, focusing on emotions, coping mechanisms, and support systems.</li><li>● Facilitate a brief discussion on the similarities and differences in responses, emphasizing empathy and understanding of diverse experiences.</li></ul>
Debriefing activity	<ul style="list-style-type: none"><li>● Begin the debriefing by thanking participants for their openness and willingness to share during the activity.</li></ul>

	<ul style="list-style-type: none"> <li>● Reflect on the commonalities and differences in participants' experiences, acknowledging the diversity of responses to challenges and stressors.</li> <li>● Invite participants to share any insights or emotions that emerged during the reflection process. Encourage active listening and validation of each other's experiences.</li> <li>● Emphasize the importance of empathy and understanding in the context of trauma sensitivity, highlighting how personal reflections can inform their practice when working with migrant women who have experienced trauma.</li> <li>● Conclude by reiterating the workshop's focus on creating a safe and supportive environment for discussing sensitive topics related to trauma.</li> </ul>
Tips	<ul style="list-style-type: none"> <li>● <i>Encourage participants to approach the activity with an open mind and willingness to share their experiences.</i></li> <li>● <i>Remind participants that they are not obligated to share anything they are uncomfortable discussing and that they can participate at their own comfort level.</i></li> <li>● <i>Emphasize active listening and empathy as participants share their reflections, fostering a supportive atmosphere.</i></li> </ul>
Sources	<ul style="list-style-type: none"> <li>● <i>National Child Traumatic Stress Network (NCTSN)</i></li> <li>● <i>Substance Abuse and Mental Health Services Administration (SAMHSA) - Trauma-Informed Approach</i></li> <li>● <i>Trauma-Informed Care Implementation Resource Center (TICIR) - <a href="https://www.traumainformedcare.chcs.org/">https://www.traumainformedcare.chcs.org/</a></i></li> <li>● <i>Office of Minority Health (OMH) - <a href="https://minorityhealth.hhs.gov/">https://minorityhealth.hhs.gov/</a></i></li> <li>● <i>American Psychological Association (APA) - Office of Ethnic Minority Affairs</i></li> </ul>

Name of the activity:	<b>Interactive session: “Understanding trauma”</b>
Aim:	<b>Educate participants. Introduce trauma-informed care principles. Promote sensitivity. Encourage application.</b> Equip participants with the core principles of providing help to mentally fragile migrant women and educate the social workers on the difficult background migrant women might have.
Duration:	20 minutes
Materials Needed:	<ul style="list-style-type: none"> <li>● Case studies or scenarios related to trauma experiences among migrant women.</li> <li>● Flipchart paper and markers for group discussions and brainstorming sessions.</li> </ul>

	<ul style="list-style-type: none"> <li>● Sticky notes or index cards for participants to jot down ideas or responses during activities.</li> </ul>
Description of the activity:	<ul style="list-style-type: none"> <li>● Present information on the prevalence and impact of trauma among migrant women, including common trauma experiences such as violence, displacement, and discrimination.</li> <li>● Discuss key principles of trauma-informed care: <ul style="list-style-type: none"> <li>○ Safety: Creating a safe and supportive environment for migrant women to feel secure.</li> <li>○ Trustworthiness: Establishing trust and reliability in relationships with clients.</li> <li>○ Choice: Empowering migrant women by involving them in decision-making and respecting their autonomy.</li> <li>○ Collaboration: Working collaboratively with migrant women to understand their needs and goals.</li> <li>○ Empowerment: Supporting migrant women's strengths and resilience in the healing process.</li> </ul> </li> <li>● Engage participants in group activities or case studies to apply trauma-informed care principles in hypothetical scenarios.</li> </ul>
Debriefing activity	<ul style="list-style-type: none"> <li>● Begin by summarizing the key concepts discussed during the session, such as the prevalence and impact of trauma among migrant women and the principles of trauma-informed care.</li> <li>● Encourage participants to reflect on how the information presented aligns with their own experiences and observations in their work with migrant women.</li> <li>● Facilitate a discussion on the challenges and opportunities of applying trauma-informed care principles in practice. Invite participants to share examples of strategies they have used or encountered in their work.</li> <li>● Address any questions or concerns raised by participants regarding trauma sensitivity and trauma-informed care.</li> <li>● Conclude by emphasizing the importance of ongoing learning and self-reflection in maintaining trauma sensitivity awareness in their practice.</li> </ul>
Tips	<ul style="list-style-type: none"> <li>● <i>Provide clear and concise explanations of key concepts related to trauma sensitivity and trauma-informed care.</i></li> <li>● <i>Use real-life examples and case studies to illustrate the principles of trauma-informed care in action.</i></li> <li>● <i>Encourage active participation by asking open-ended questions and inviting participants to share their insights and experiences.</i></li> </ul>
Sources	<ul style="list-style-type: none"> <li>● <i>National Child Traumatic Stress Network (NCTSN)</i></li> </ul>

	<ul style="list-style-type: none"> <li>● <i>Substance Abuse and Mental Health Services Administration (SAMHSA) - Trauma-Informed Approach</i></li> <li>● <i>Trauma-Informed Care Implementation Resource Center (TICIR) - <a href="https://www.traumainformedcare.chcs.org/">https://www.traumainformedcare.chcs.org/</a></i></li> <li>● <i>Office of Minority Health (OMH) - <a href="https://minorityhealth.hhs.gov/">https://minorityhealth.hhs.gov/</a></i></li> <li>● <i>American Psychological Association (APA) - Office of Ethnic Minority Affairs</i></li> </ul>
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Name of the activity:	<b>Small group brainstorming: Strategies for trauma sensitivity.</b>
Aim:	<b>Generate practical solutions. Promote implementation. Enhance engagement. Encourage reflection.</b> Empower participants to develop practical and actionable solutions for promoting trauma sensitivity in their work with migrant women, enhancing the quality of care and support provided.
Duration:	20 minutes
Materials Needed:	<ul style="list-style-type: none"> <li>● Flipchart paper or whiteboards for each group to record their ideas.</li> <li>● Markers or pens for writing on the flipchart paper.</li> <li>● Handouts with guiding questions for each group.</li> <li>● Optional: Timer or stopwatch to manage the duration of the brainstorming session.</li> </ul>
Description of the activity:	<ol style="list-style-type: none"> <li>1. Divide participants into small groups of 4-5 members each.</li> <li>2. Provide each group with a set of guiding questions to stimulate brainstorming, such as: <ul style="list-style-type: none"> <li>○ What are some ways to create a safe and supportive environment for migrant women who have experienced trauma?</li> <li>○ How can we ensure that our communication with migrant women is respectful and empowering?</li> <li>○ What strategies can we implement to address cultural considerations and promote cultural sensitivity in our interactions?</li> <li>○ How can we collaborate with other service providers and community resources to enhance support for migrant women?</li> </ul> </li> <li>3. Encourage participants to brainstorm ideas, share experiences, and collaborate on developing practical strategies that can be implemented in their practice.</li> <li>4. Allocate sufficient time for group discussion and idea generation, ensuring that each member has the opportunity to contribute their insights and suggestions.</li> <li>5. Facilitate the sharing of ideas among groups, allowing each group to present their top strategies to the larger group.</li> </ol>
Debriefing activity	<ul style="list-style-type: none"> <li>● After the brainstorming session, facilitate a debriefing to reflect on the strategies generated by each group.</li> </ul>

	<ul style="list-style-type: none"> <li>● Invite each group to share their top strategies and explain the rationale behind their choices.</li> <li>● Facilitate a discussion on common themes and trends observed across the different groups' strategies.</li> <li>● Encourage participants to identify key takeaways and actionable steps they can incorporate into their practice.</li> <li>● Summarize the main strategies identified by the groups and highlight any innovative or promising approaches.</li> </ul>
Tips	<ul style="list-style-type: none"> <li>● <i>Encourage participants to think creatively and outside the box when generating strategies.</i></li> <li>● <i>Foster a collaborative and inclusive atmosphere where all group members feel comfortable sharing their ideas.</i></li> <li>● <i>Remind participants to focus on practical and actionable strategies that can be implemented in their practice settings.</i></li> <li>● <i>Facilitate active listening and respectful communication among group members to ensure productive discussions.</i></li> </ul>
Sources	<ul style="list-style-type: none"> <li>● <i>National Child Traumatic Stress Network (NCTSN)</i></li> <li>● <i>Substance Abuse and Mental Health Services Administration (SAMHSA) - Trauma-Informed Approach</i></li> <li>● <i>Trauma-Informed Care Implementation Resource Center (TICIR) - <a href="https://www.traumainformedcare.chcs.org/">https://www.traumainformedcare.chcs.org/</a></i></li> <li>● <i>Office of Minority Health (OMH) - <a href="https://minorityhealth.hhs.gov/">https://minorityhealth.hhs.gov/</a></i></li> <li>● <i>American Psychological Association (APA) - Office of Ethnic Minority Affairs</i></li> </ul>

Name of the activity:	<b>Wrap up and resources</b>
Aim:	<b>Summarize key learnings. Provide additional resources. Gather the feedback and do the reflection. Closure and appreciation.</b> Consolidate learning, provide the additional support for ongoing growth, and foster reflection and feedback to enhance future workshops and professional development opportunities.
Duration:	25 minutes
Materials Needed:	<ul style="list-style-type: none"> <li>● Handouts or digital resources containing additional reading materials, online courses, support networks, and organizations specializing in trauma sensitivity and migrant women's mental health.</li> <li>● Evaluation forms or surveys for collecting feedback from participants.</li> </ul>

	<ul style="list-style-type: none"> <li>● Optional: Flipchart paper and markers for capturing key takeaways and reflections</li> </ul>
Description of the activity:	<ol style="list-style-type: none"> <li><b>1. Summary of Key Learnings (5 minutes):</b> <ul style="list-style-type: none"> <li>○ Summarize the main concepts, insights, and strategies discussed during the workshop, highlighting key takeaways related to trauma sensitivity and trauma-informed care in supporting migrant women's mental health.</li> <li>○ Invite participants to share any additional insights or reflections they gained from the workshop.</li> </ul> </li> <li><b>2. Distribution of Resources (5 minutes):</b> <ul style="list-style-type: none"> <li>○ Provide participants with handouts or digital resources containing additional reading materials, online courses, support networks, and organizations specializing in trauma sensitivity and migrant women's mental health.</li> <li>○ Highlight specific resources that participants may find helpful in their continued learning and professional development.</li> </ul> </li> <li><b>3. Feedback and Reflection (10 minutes):</b> <ul style="list-style-type: none"> <li>○ Invite participants to share their feedback on the workshop structure, content, and facilitation, encouraging both positive comments and constructive criticism.</li> <li>○ Facilitate a discussion on participants' reflections on their own growth and learning during the workshop, including any challenges or areas for further development.</li> <li>○ Acknowledge and validate participants' contributions and engagement throughout the workshop.</li> </ul> </li> <li><b>4. Closing Remarks (5 minutes):</b> <ul style="list-style-type: none"> <li>○ Express appreciation for participants' active participation and commitment to supporting migrant women's mental health.</li> <li>○ Reinforce the importance of trauma sensitivity and trauma-informed care in social work practice, emphasizing the ongoing journey of learning and growth.</li> <li>○ Encourage participants to continue their professional development and seek support from colleagues and resources as they incorporate trauma sensitivity principles into their practice.</li> </ul> </li> </ol>
Debriefing activity	<ul style="list-style-type: none"> <li>● After the Wrap-Up and Resources session, facilitate a debriefing to reflect on participants' feedback and reflections on the workshop.</li> <li>● Invite participants to share any final thoughts or insights they have gained from the workshop experience.</li> <li>● Summarize the main themes and key points raised during the feedback and reflection session.</li> <li>● Express gratitude to participants for their engagement and contributions to the workshop.</li> </ul>

Tips	<ul style="list-style-type: none"><li>● <i>Allocate sufficient time for participants to review and discuss the provided resources, ensuring they have ample opportunity to explore additional learning opportunities.</i></li><li>● <i>Foster an open and supportive atmosphere during the feedback and reflection session, encouraging participants to share their honest thoughts and experiences.</i></li><li>● <i>Thank participants for their feedback and contributions, reinforcing the value of their perspectives in shaping future workshops and professional development opportunities.</i></li></ul>
Sources	<ul style="list-style-type: none"><li>● <i>National Child Traumatic Stress Network (NCTSN)</i></li><li>● <i>Substance Abuse and Mental Health Services Administration (SAMHSA) - Trauma-Informed Approach</i></li><li>● <i>Trauma-Informed Care Implementation Resource Center (TICIR) - <a href="https://www.traumainformedcare.chcs.org/">https://www.traumainformedcare.chcs.org/</a></i></li><li>● <i>Office of Minority Health (OMH) - <a href="https://minorityhealth.hhs.gov/">https://minorityhealth.hhs.gov/</a></i></li><li>● <i>American Psychological Association (APA) - Office of Ethnic Minority Affairs</i></li></ul>