

Foundations of Trauma Informed Care

For Peer Support Specialists and Peer Wellness Specialists



Free | Virtual | 8 CEUs

January 8, 15, 22, and 29, 2026
10 a.m.-12 p.m.

Develop foundational understanding of the frameworks, tools, and skills needed to implement Trauma Informed Care (TIC) practices into our peer support work.

Facilitators:

Training facilitators Haven Taylor and Rhea Wolf are seasoned peer providers who bring their lived experiences, on-the-job knowledge, and advocacy to their work and their teaching. They are official trainers of this Trauma Informed Oregon Foundations course.

Topics:

- Types of trauma/stressful experiences, their prevalence, and the neuroscience behind them
- Practicing peer support approaches to situations with participants from a TIC perspective
- Analyzing workplace practices, workforce support, organizational structures, and systems change through a trauma-informed lens

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