

Being Trauma Informed & Providing Better Education

By Fiona Tymm

healhealthcare.ca

Read through the questions before viewing the videos. Come back to these questions after viewing each video. Watch the videos in order, from 1 to 5. The videos are all less than 5 minutes in length.



VIDEO 1: Why is Being Trauma Informed Important? >> [View Video 1](#)

What are some examples of where and how people can experience trauma?

Were the statistics of sexual violence surprising to you?

What does engaging in consent look like to you with patients/ other people in your day to day life?

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VIDEO 2: Understanding the Responses of Trauma [>> View Video 2](#)

What did you know about trauma before? How did you think about it?

What has changed in your views? What was your biggest takeaway or 'ah ha' moment in this video?

What are the 4 main trauma responses and what do they look like?

What technique will you implement this week when helping someone get back into their bodies in a grounded state?

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VIDEO 3: How to Respond to a Disclosure [>> View Video 3](#)

Prioritize continual education on understanding and providing education on consent and sexual assault in your career. If you get the chance to do a self directed project and educate others- consider these topics! The more education and awareness, even amongst your colleagues the better.

Did you recognize any biases you may have?

Do you know the specifics of the logistics in your area?

Are you aware of resources to pass along to people who disclose to you?

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VIDEO 4: Consent Education: Key to Preventing Sexual Assault

[>> View Video 4](#)

I highly recommend reading and doing the exercises from the book *Creating Consent Culture* by Marcia Baczynski and Erica Scott

What was your biggest take away when comparing the Gatekeeper Model of Consent vs The Collaborative Model?

Have you thought about the nuances of receiving or giving a 'maybe' before?

What do you need to do to best prepare for providing education on Body Autonomy, Sex Education and Consent? Even just pick three important points and try to include them in your upcoming interactions with patients.

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VIDEO 5: What Can You Do as a Doctor? >> [View Video 5](#)

What of the suggested action items stood out to you the most?

What one do you see as the easiest and perhaps something you already do?

What one seems like the hardest for you?

What ways can you get support to help you do better in this area?

What ways do you take care of yourself physically, mentally, emotionally, spiritually? What self care practice will you start to incorporate? Counseling, somatic modalities like breathwork, vulnerability with friends & family?

Learn more at <https://nowwhatcanada.com/resources>