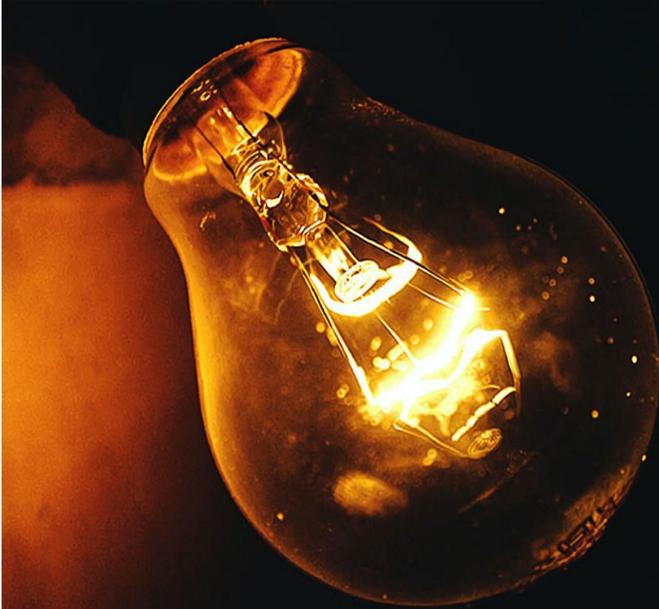


# THE TRAUMA-INFORMED

# PROFESSIONAL



"In the middle of difficulty lies opportunity."  
- Albert Einstein



June 19, 2021, 10am – 12pm *or*

July 19, 2021, 6pm – 8pm

**\$175+HST**

The Canadian Cannabis Dispute Resolution Centre (CCDRC) is pleased to offer an interactive workshop on the Trauma Informed Professional.

You don't have to have a background in counselling or therapy to become trauma-informed. If you work in labour relations, human resources, law or in the dispute resolution field, developing a trauma-informed approach will lead to an enhanced skill set within your profession.

Trauma Informed means you are aware of the impact trauma has on the brain and the body. You will learn to communicate and develop a set of strategies to de-escalate an individual who may be experiencing a trauma related response and/or recognize trauma responses within yourself and others.

*Read more on page 2.*

**SHIFT YOUR PARADIGM. BUILD HEALTHIER WORKPLACES. BECOME TRAUMA-INFORMED.**



## **Instructor: Treena Reilkoff, BA, BSW, Q.Med, PHSA, WFA**

Treena Reilkoff is a Trauma Informed Qualified Mediator, Trainer and Facilitator with the ADR Institute of Canada and Canadian Cannabis Dispute Resolution Center (CCDRC). She has over 25 years of working in the fields of ADR, mental health, workplace disputes, workplace health and safety and human rights. Her fundamental pillars of dispute resolution are trauma informed lens, neutrality, unbiased and anti-oppressive practices that promote strategies for optimizing resiliency.

She has experience working in diverse, complex, high risk, safety sensitive environments and recognizes how trauma and environmental contexts can influence the mediation/facilitation process. She can tailor her mediation, facilitation, coaching and training to the clients needs and environmental context. Read more on page 2.

**To register and receive payment instructions, email [treena@cannabisdispute.ca](mailto:treena@cannabisdispute.ca)**

# Trauma Develops in Many Ways

Cannabis has been a part of traditional health practices around the world for centuries. Cannabis is being sought more often by persons who have experienced trauma, as an alternative choice to pharmaceuticals. Within the workplace, there is a stigma correlated with mental health and cannabis. A trauma-informed approach can facilitate maintaining a safe and neutral environment for the individuals involved in workplace conflict and the professional role you are in.

Trauma develops in many ways: direct exposure or indirect exposure such as Secondary Trauma, Vicarious Trauma and Sanctuary Trauma. Trauma is influenced by cultural experiences as well as various environmental contexts. Becoming trauma-informed is a proactive opportunity to mitigate vicarious trauma in the professional as well as have a better understanding of the impact of trauma on systems and individuals within your professional environment.



## More about the Instructor:

Treena's unique credentials include being certified as a Psychological Health and Safety Advisor, Workplace Fairness Analyst & Workplace Restoration, Certified Resiliency Trainer, Civil Mediator and Certified in Critical Incident Stress Management. Treena has worked with people from various ethnic, cultural, and socio-economic backgrounds, including first responders and military/veteran personal. She has lived and worked in five provinces across Canada, thus her experience in various organizations and communities includes the private and public sector, criminal justice system, educational institutions, health care, non-profit associations and within indigenous communities.

Treena has her Executive Certification in Conflict Management, Bachelor of Social Work (clinical speciality) and Bachelor of Arts. Treena is the Founder of TLR Solutions4Conflict and currently volunteers with the Community Conflict Resolution Services of Halton.

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