



Trauma-Informed Training Series

Build Healthier, Healing-Centered Spaces

Employers, health and social service providers, educators, and community leaders want to create safer, more supportive environments for their staff and the communities they serve. Understanding trauma and healing is essential to that goal.

At Health & Medicine, we have a track record of delivering effective trauma-informed trainings that provide the practical tools, shared language, and reflective space needed to turn that commitment into action.

Since 2019, we've trained thousands across Illinois to recognize the effects of Adverse Childhood Experiences (ACEs) and other forms of trauma, reduce the potential for harm, and support healing.

Our sessions go beyond passive learning. We create space for reflection, real conversation, and tools you can use right away to build and sustain an organizational culture oriented toward healing, trust, and belonging.

Rooted in public health and social justice, our trainings help teams strengthen relationships, improve service delivery, and build more equitable systems from the inside out.

Our training style

Rather than lecture-based sessions, we engage our learners in active participation roles, reflecting on teaching and learning theories such as Paulo Freire's Pedagogy of the Oppressed, social constructivism, adult learning theory, and other frameworks that support and challenge learners to simultaneously learn and build a world free from oppression. Our trainings are evidence-based, interactive, and aim to be situationally and culturally relevant to each audience they reach.

Ready to get started?

[Fill out our intake form today or contact us at \[training@hmprg.org\]\(mailto:training@hmprg.org\).](#)

**HEALTH &
MEDICINE**
POLICY RESEARCH GROUP

Our Trainings

Trauma and health: understanding how harm, stress, and healing affect health

Trauma and health dives into the core components of trauma from a public health perspective. Participants will review public health definitions of trauma and the Adverse Childhood Experiences study that catalyzed contemporary research on the relationship between exposure to harm and its effects on health. Participants will engage with theories and frameworks for addressing trauma and its cycles and identify action steps they can take to implement solutions.

Learning Outcomes

1. Participants will understand the definition of trauma and its scope:
 - a. ACEs and an expanded framework of trauma and stress
 - b. The biology, drivers, symptoms, and effects of trauma
2. Participants will understand the definition of protective factors and their scope:
 - a. Positive Childhood Experiences
 - b. Frameworks such as Trauma-Informed Care and Healing-Centered Engagement
3. Participants will identify potential steps to include in their own action plan.

Burnout and toxic stress: recognizing the symptoms, drivers, and solutions

Burnout and toxic stress dives into the core components of burnout from a public health perspective. Participants will review public health definitions of burnout and its relationship to trauma and toxic stress, examine the key drivers of burnout in American society, and understand the multi-level effects it can have. Participants will engage with theories and frameworks for addressing burnout and its cycles and identify action steps they can take to implement solutions.

Learning Outcomes

1. Understand the definition and scope of burnout, and how it is related to stress response
2. Identify the symptoms and drivers of burnout
3. Identify the scales of burnout mitigation and the filtering questions they can ask to pinpoint the correct intervention level for specific issues
4. Articulate potential steps they can take

Collective trauma: identifying its persistent effects and possibilities for healing

Collective Trauma dives into the core components of collective trauma from a public health perspective. Participants will review public health definitions of collective trauma and its various forms and examine how cycles of collective trauma persist and have multi-level effects. Participants will engage with theories and frameworks for addressing collective trauma and identify action steps they can take to implement solutions.

Learning Outcomes

1. Understand the definition of collective experiences of trauma and its scope
2. Identify how and why trauma can persist across communities and generations
3. Understand frameworks for collective healing
4. Become familiar with an example of a collective healing intervention
5. Articulate potential steps they can take to integrate collective healing into their practice

Training Info

Information about Continuing Education Units

We do not currently offer Continuing Education Units (CEUs) to participants, though we are working to provide these in the future. Please stay tuned for updates.

Pricing Philosophy: How we determine our training fees

Our fee structure for different training options is listed on our website. However, we strive to make our trainings accessible to anyone who needs them. Please reach out to our training staff if you need to explore alternative pricing, and we will do our best on a case-by-case basis to meet your organization's needs.

Trade with us!

In lieu of direct payment, we are open to offering our trainings in exchange for reciprocal service. This could include consulting, photography, training, or other services. Please let us know if this interests you, and we can discuss how to make it work.

Questions? Contact training@hmprg.org or visit
www.hmprg.org/trainings-on-trauma-health-and-healing/

Our trainings are most effective when:

- They are at least 75 minutes long
- Conducted on Zoom, if virtual

What to expect when you join our trainings

- Opportunities for participant interaction in the main session and dialogue in breakout rooms, when appropriate
- A perspective rooted in public health principles and social justice

Please note:

We don't allow our trainings to be recorded by participants and don't allow AI notetaking. If you have accessibility needs, please let us know so that we can collaborate with you on accommodations.

Training Options

Group / Organizational Trainings

All core training sessions are available for groups and organizations. These can be customized for specific audiences, issue areas, and access needs. Substantial customizations will require a reflective fee.

- Format: Virtual or in-person
- Audience: Up to 50 people per training

Coming Soon: Pre-Packaged Trainings

On-demand recordings of all core training sessions will be available via a purchased login.

- Format: Virtual
- Intended Audience: These trainings are designed for the public and intended to be accessible for a wide array of people

Fill out our [intake form](#) to get started.

For more information, contact us at training@hmprg.org.

