



## Ubuntu 2024 Workshop

### Title:

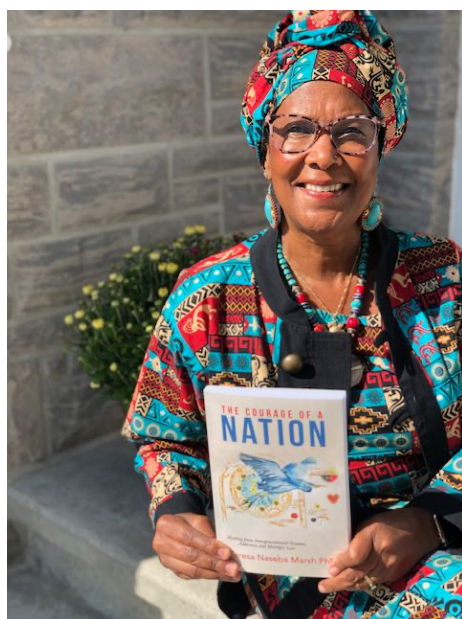
Trauma Informed Care for Interpersonal Violence Experiences and Continuous Traumatic Stress

### Facilitators:

**Dr. Teresa Naseba Marsh, Ph.D, MA, RN, RP, SEP**  
**Psychotherapist, Healer, Author, Yoga and Meditation Teacher**

*Assistant Professor, Clinical Sciences*  
Northern Ontario School of Medicine  
Laurentian and Lakehead Universities

Teresa currently works with Indigenous communities by helping, teaching and treating Intergenerational trauma and substance use disorder. She utilises a holistic approach and embraces social accountability. She also teaches first and second year medical students. She is a yoga and mindfulness meditation teacher.



**DAVID C. MARSH, MD CCSAM**  
Vice President, Research and Graduate Studies



Dr. Marsh is the Vice President Research and Graduate Studies at NOSM University, Adjunct Scientist, ICES North and Research Chair, Mental Health and Addiction at HSNRI.

Author of over 200 peer-reviewed papers, book chapters and government reports, Dr. Marsh's research interests focus primarily on treatment of opioid dependence. Dr. Marsh received the Nyswander-Dole Award from the American Association for the Treatment of Opioid Dependence and Fellowships from the International and American Societies of Addiction Medicine in recognition of his contribution to this field.

## Synopsis

### **Objective**

This workshop will explore how countries facing rapid political change face high prevalence of continuous traumatic stress, caused by high rates of homicide, armed robbery, rape, violence against women and intimate partner violence. These factors are intertwined and impact the health of peoples around the globe. Today any community service setting, be it in a mental health care setting, hospital, school, or justice system, will be faced with individuals who have struggled with the impact of trauma. Trauma is not the story of something that happened back then. It's the current imprint of that pain, horror, and fear living inside people. I will discuss the essential skills for assisting those with trauma histories, explore the fundamentals to providing care and support while preventing re-traumatization. Trauma informed skills training is essential for all health care professionals.

### **Method**

In this workshop the facilitators will introduce the participants to the core content with an emphasis on the impact of past traumas/stress on the present. Participants will explore the principles of trauma informed care and how this knowledge could facilitate and enhance skills to deal with trauma victims and at the same time take care of themselves. Through

experiential wellness exercises, participants will have a unique opportunity to explore their own responses to trauma and dysregulation.

**Learning Outcomes**

At the end of the workshop participants will be able to:

- Identify and understand the pervasive effects of continuous traumatic stress, homicide, armed robbery, rape, intimate partner violence, violence against women, internalized racism, and homophobia.
- Understand the core principles of trauma informed care.
- Explore the impact of continuous traumatic stress, violence, rape, robbery on health and well being
- Understand what trauma-informed practices and clearing trauma mean.
- Discuss and explore healing strategies and affect regulation.

**Workshop Outline**

*Please complete this with a detailed agenda of the workshop*

<b>Time</b>	<b>Activities</b>
5 minutes	Welcome comments Ubuntu 2024 Moderator
5 minutes	Welcome remarks David Marsh
15 minutes	Core Content Teresa and David Marsh
15 minutes	Embodiment practices with learning self-regulation Teresa Marsh
10 minutes	Discussion
5 minutes	Wrap-Up by David Marsh
5 minutes	Closing comments Ubuntu 2024 Moderator