

# Trauma Informed Care: a group for mental health professionals

**A 6-week clinical consultation and supervision group for “like minds” to learn about trauma & trauma complexities of the day-to-day in your frontline practice through self-reflective practice and clinical supervision**

Professional practice and personal development are one and the same. Your own story shows up and impacts your work. All of you and your parts show up in every environment. The purpose of this group is for professionals to build trauma informed care into their practice, all the while integrating this knowledge into expanding your professional strengths.

- Introduction the principles of trauma informed care through a lens of self-reflection.
- Using the IFS Model, you will dive deeper into your own system to further understand your own triggers and how trauma impacts you.
- Integrating new skills and strategies into your trauma informed practice.
- Clinical Supervision and Case Consultation.

**Location:** Toronto (Yonge/Summerhill) **in-person** (Green P parking available)

**Cost:** \$650 Includes: journals, handouts and skills resources

**Spring Cycle:** Mondays, April 8 – May13, 2024; 6pm-8pm (12 clinical supervision/training hours)

**To Register:** email our team at [iv.counsellingservices@gmail.com](mailto:iv.counsellingservices@gmail.com)



### ONIKA HAYWOOD, CYC (TRAUMA-INFORMED GROUP FACILITATOR)

Onika's 30-year career in Mental Health has given her vast experiences both as a frontline Worker and as a leader to frontline staff. Onika has provided skills training and coaching to individuals who have experienced interpersonal trauma, in addition to leading staff teams through the transition to Trauma-Informed understanding and practice-through group facilitation, training, supervision, and workshops. Onika is highly relational, intuitive and experienced in creating safe spaces to explore, reflect and integrate.



### MONIKA PARSONS, RP, MA (CHYS) IFS THERAPIST

Specializing in interpersonal trauma, Monika began her 20 years in mental health as a Child/Youth Care Practitioner in live-in treatment programs & psychiatric crisis units. Monika's focus and passion is supporting individuals with trauma healing processes that are rooted in compassion, acceptance and empathy. She has held leadership roles to support teams and their programs through group supervision, mentorship, and agency training. She has held a key role in agency-wide implementation of a trauma-informed theory into practice by teaching concepts of neurobiology of trauma and neuro-science-informed interventions. Monika meets the College of Registered Psychotherapists (CRPO) clinical supervisor criteria.