



TRAUMA- INFORMED PEER SUPPORT



ON OUR OWN

Frederick

PRESENTED BY:

On Our Own
of Frederick County

22 S Market Street, Suite 110
Frederick, MD 21701

FACTILITATORS:

Jill Krisnitsky, RPS, CPRS

Lorenzo Jones, CPRS

About The Course

THIS COURSE WILL INTRODUCE THE BASIC CONCEPTS, VALUES AND PRINCIPLES OF GENUINE PEER SUPPORT AS DEVELOPED AND PRACTICED BY THE CONSUMER/SURVIVOR/EX-PATIENT MOVEMENT OVER THE PAST 40+ YEARS. THE BASICS OF TRAUMA-INFORMED PRACTICES, WHICH CAN BE APPLIED IN ANY SETTING, WILL ALSO BE DESCRIBED.

PEERS WILL UNDERSTAND THE APPLICATION OF TRAUMA-INFORMED PRACTICES TO AUTHENTIC PEER SUPPORT THROUGH THE DEVELOPMENT OF MUTUAL, RECIPROCAL RELATIONSHIPS. TOPICS WILL BE ILLUSTRATED WITH EXAMPLES OF ISSUES THAT MAY ARISE IN TRAUMA-INFORMED PEER SUPPORT, SUCH AS UNDERSTANDING SELF-INJURY AS A COPING STRATEGY, AND THE EFFECTIVE USE OF PERSONAL NARRATIVE IN HEALING FROM TRAUMA.

THIS TRAINING TAKES PEER SUPPORT TO THE NEXT LEVEL BY SUPPORTING PEOPLE WITH LIVED EXPERIENCE AND/OR PEER SUPPORT WORKERS ACHIEVE A GREATER UNDERSTANDING OF AND CAPACITY TO RESPOND TO TRAUMA. THIS TRAINING REINFORCES THE KEY PRINCIPLES OF TRAUMA-INFORMED PEER SUPPORT, WHICH LEADS TO TRAUMA-INFORMED, RESILIENCY BASED OUTCOMES.

COURSE OVERVIEW

**HOURS
CEU'S**

This **8-hour** course is conducted through both live and self-paced sessions and involves active participation with course facilitators as well as other members of the learning community.

Our asynchronous team leaders are: **Jill and Lorenzo.**



In-person at On Our Own of Frederick, your office (5+ more people required for attendance), and online on Canvas.

Where?!

TRAUMA INFORMED PEER SUPPORT

MEET OUR TRAINING TEAM!



JILL KRISNITSKY Training Director, CPRS, RPS

Jill created the CPRS Training Program and asynchronous courses for OOFC. She also facilitates our Peer Supervision groups twice weekly and works one-on-one with the program participants.

jill.ooofc@gmail.com



LORENZO JONES Training Team

Lorenzo takes care of the behind the scenes training tasks, he assists with grading assignments, maintaining participant documentation and is here to help anyone who needs it!

lorenzo.ooofc@gmail.com
240.629.8015



Course Outline

- Brave Space and Trauma
- Emergent Strategies
- Peer Support and Trauma
- Trauma Response and Recovery
- Trauma-Informed Approach
- PTSD and Addiction
- Long-Term Effects of Trauma
- Addiction
- Trauma Exposure Response
- ***and so much else!***



Additional Training

We are always expanding our trainings and looking to add more! If there is a course you've been looking for and you can't find it on our site, **please let us know!**

