



Section	Time	Content & Activities	Materials	Assessment
1. Welcome & Introduction	10 min	- Icebreaker: “What comes to mind when you hear the word trauma?” - Angela Davis quote reflection - Review objectives	PPT slides	Participation in discussion
2. Understanding Trauma	20 min	- Define trauma (SAMHSA’s “3 E’s”) - Group brainstorm: “How might incarceration cause trauma?” - Discuss trauma responses (fight, flight, freeze)	PPT slides, flipchart/whiteboard	Contribution to brainstorm
3. Trauma-Informed Care Principles	20 min	- Present SAMHSA’s principles - Small group activity: Match examples to principles	PPT slides, handout of principles	Group activity participation
4. Key Skills in Trauma-Informed Peer Support	20 min	- Present skills: safety, psychoeducation, empowerment, coping, resilience, self-care, avoiding retraumatization - Discussion: “Which skills do you already use?”	PPT slides, handout (skills checklist)	Reflection in discussion
5. Role Play Practice	40 min	- Pairs/triads practice case studies (John, Sarah, Mark) - Rotate roles: peer, supporter, observer - Observer feedback - Group debrief: “What felt natural? What was challenging?”	Case study handouts	Demonstration of skills in role plays
6. Secondary Trauma & Self-Care	20 min	- Define secondary trauma - Self-check activity: signs noticed in self - Brainstorm self-care strategies	PPT slides, flipchart	Self-reflection participation

Design Plan: Trauma-Informed Care in Peer Support

Session Overview

This session introduces trauma-informed care in peer support. Participants will explore trauma definitions and impacts, learn core principles, and **practice trauma-informed peer support skills through role plays**. The session concludes with a reflection assignment to reinforce learning.



Learning Objectives

By the end of the session, participants will be able to:

1. Define trauma and trauma-informed care.
 2. Describe how trauma impacts individuals physically, socially, and psychologically.
 3. Apply SAMHSA's trauma-informed principles in peer support.
 4. Demonstrate trauma-informed support strategies in role plays.
 5. Identify signs of secondary trauma and outline personal self-care practices.
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Session Flow (Approx. 2.5 Hours)

1. Welcome & Introduction (10 min)

- Icebreaker: *"What comes to mind when you hear the word trauma?"*
- Share Angela Davis quote.
- Review objectives and session outline.

2. Understanding Trauma (20 min)

- Define trauma (SAMHSA's "3 E's").
- Brief group brainstorm: *"How might incarceration cause trauma?"*
- Discuss trauma responses (fight, flight, freeze).

3. Trauma-Informed Care Principles (20 min)

- Introduce SAMHSA's six key principles.
- Quick group activity: Small groups match principles to real-world examples.

4. Key Skills in Trauma-Informed Peer Support (20 min)

- Present core skills (safety, psychoeducation, empowerment, coping, resilience, self-care, avoiding retraumatization).
- Discussion: *"Which skills do you already use in your peer support role?"*

5. Role Play Practice (40 min)

- Break into pairs/triads.
- Assign scenarios (John, Sarah, or Mark case studies from PPT).
- Rotate roles: peer, peer supporter, observer.
- Observers give feedback on trauma-informed approaches used.
- Group debrief: *"What felt natural? What was challenging?"*



6. Secondary Trauma & Self-Care (20 min)

- Define secondary trauma.
- Self-check activity: *“Which signs have you noticed in yourself?”*
- Group brainstorm: practical self-care strategies.

7. Wrap-Up & Homework Assignment (15 min)

- Group reflection: *“What’s one insight or skill you’ll take with you today?”*
 - Distribute **Reflection Worksheet (Homework)**:
 - Prompt 1: Describe one way your understanding of trauma has shifted.
 - Prompt 2: Reflect on your role play experience — what skill did you use well, and what would you improve?
 - Prompt 3: What self-care strategy will you commit to practicing this week?
 - Closing resiliency quote.
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Instructional Methods

- Interactive lecture
 - Small group discussion
 - Case studies
 - Role plays (primary learning activity)
 - Reflection & homework
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Materials Needed

- PPT slides
 - Handout: SAMHSA’s principles + trauma-informed peer support skills checklist
 - Case study scenarios (John, Sarah, Mark)
 - Reflection worksheet (take-home)
 - Flipchart/whiteboard
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Assessment

- Participation in role plays and discussions
 - Ability to demonstrate trauma-informed peer support skills during practice
 - Completion of homework reflection worksheet
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