

# Facilitator Guide for Learning Circles: Trauma Informed Care 101



**Directions:** In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

**Name of Learning Circle Peer Facilitator:** \_\_\_\_\_

1. What behaviors, actions or interaction styles might indicate that someone has been impacted by trauma?
2. Nearly every person you encounter has had some experience with a traumatic event. Knowing that, what are some ways you can engage them that is trauma-sensitive?
3. What things in your current work environment indicate "this is a safe space"?
4. What are some things about your current work environment that you might change to make it more trauma-sensitive?
5. What steps can you take in your role to promote an environment that actively resists re-traumatization for the members we serve and our staff?