

# Trauma-Informed CARE!

FREE WEBINAR

Wednesday November 15<sup>th</sup>, 6.30pm (AEDT)

Enhancing the role of natural medicine practitioners

Webinar Presented by Dr. Tamara Dickson

This 90-minute deep dive is designed to increase confidence and competence in naturopaths and holistic clinicians who are interested in becoming more trauma-informed, but are unsure of where to begin. We will review key definitions and principles of a **trauma-informed care** approach, identify common themes in naturopathic philosophy, discuss possible ways of integrating trauma-informed principles into clinical practice for increased patient inclusivity and safety, as well as review resilience-building naturopathic treatment options for trauma-surviving patients.

90 mins + live Q&A | CPE: 1.5 learning hours

***“If you work with people, you work with trauma”***

An individual may experience trauma as a response to any event they find physically or emotionally threatening or harmful, and often challenges their view of the world as a just, safe, and predictable place. It is a widespread human experience with approximately 70% of adults having experienced at least one traumatic event in their lifetime.

It is now understood that trauma is medically relevant, with a large body of evidence demonstrating the relationship between trauma and a number of chronic physical and mental health conditions, such as heart disease, lung disease, alcoholism and depression. Naturopathic and holistic clinicians are uniquely positioned to address and support trauma-surviving patients on several different levels, utilising principles of **trauma-informed care**.



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## LEARNING OBJECTIVES:

- › Review the definition of traumatic experiences and Adverse Childhood Experiences (ACEs), discuss associated long-term health risks, and the proposed pathophysiological mechanisms.
- › Introduce principles of **trauma-informed care**, goals of a trauma-informed clinical encounter, and compare trauma/ACEs screening questionnaires and tools.
- › Review of resilience research and correlations to improved health outcomes.
- › Analyse presence and absence of **trauma-informed care** practices in naturopathic clinical encounters.
- › Discuss the application of naturopathic tools for building resilience in trauma-surviving patients.



Dr. Tamara Dickson earned her Bachelor's degree in Psychology at SUNY Purchase in New York, and her Doctorate of Naturopathic Medicine at Sonoran University of Health Sciences in Arizona (formerly SCNM).

She completed a 2-year residency in primary care and paediatrics in Washington, where she later served as Adjunct Faculty at Bastyr University. She is an international speaker, conference planner, and is the current head of the continuing professional development program at the GCRN - the naturopathic accrediting authority in the UK. Through her practice, Naturista, she provides office visits, telemedicine, and health education services for people worldwide. Her clinical focus is adult chronic disease management and mental health.



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