

Innovations in Counseling (Part 11 Session 3)

Building Environments to Prepare the way for Trauma-Informed-Care

Webinar Follow-up Question and Answer Session with Angélique Black McKoy, MS, NCC, LGPC, CTP

Question from A. Vosburg:

What is the first best step to take for the counselor to protect self from heading in the wrong direction?

Answer from Presenters:

- Clinical supervision is an important part of a counselor's professional development. It should be a general part of your development track. If one does not receive it through their place of work, then seeking an external counselor is helpful with guidance and someone to provide accountability. Also, adhering to the code of ethics is imperative and will continually serve as your guidepost.

Question from L. Street:

- What can we do when we have clients who don't want to move past the trauma no matter how you try to create a safe space or keep them "present"?

Answer from Presenters:

- Be present, remain present, and continue the course with consistency. Remember that trauma is a barrier to people moving forward and will add to the levels of therapeutic resistance so it may take longer than anticipated to get a client's full engagement.

Question from J. Fasick:

What might trauma-informed organizational policies look like?

Answer from Presenters:

- Addressing disparities in your services, thinking about what it looks like to serve marginalized populations and how that affects services. Also realizing that TIC work should be throughout the organization from the upper echelons to the lower levels. No one person or role can do this work alone within an organization. There must be organizational buy-in.

Question from G. Holze:

I work mostly online. I'm intrigued by the question of how to create a sense of belonging, i.e., that the person belongs in this space, it is theirs. Any suggestions on how to do this?

Answer from Presenters:

- Even when you are providing through telehealth, conduct yourself as if you are in person. Watch your attention levels, mannerisms and upper body language, engagement, even eye contact. Most importantly, set your expectations with clients early on.

Question from J. Herron:

What do you do when a client with trauma insists on continuing to see you b/c they trust you and feel safe even though you have recommended they see an EMDR therapist to further resolve their trauma?

Answer from Presenters:

- Explain the ethical dilemma behind treating someone beyond your scope of expertise. Use your rapport to help them see that you are referring them because you want them to have the best treatment possible and do a soft hand off from clinician to clinician.

Comments:

Yes, outstanding, passionate and informative presentation!

I think I need support in learning how to "make the case for TIC" to my stakeholders. I work at a university and administration members are not always supportive with structural changes.

As a trauma therapist in several environments. Your presentation is truly passionate and well organized/presented. Extremely helpful. Access to affordable training is a major challenge to remain current with needed interventions.

EXCELLENT Presentation