

# TSN Coordinator Virtual Groups Training: *“I Can Stop the Bleed, but Support Groups Scare Me!”* Part 1 (Implementation)

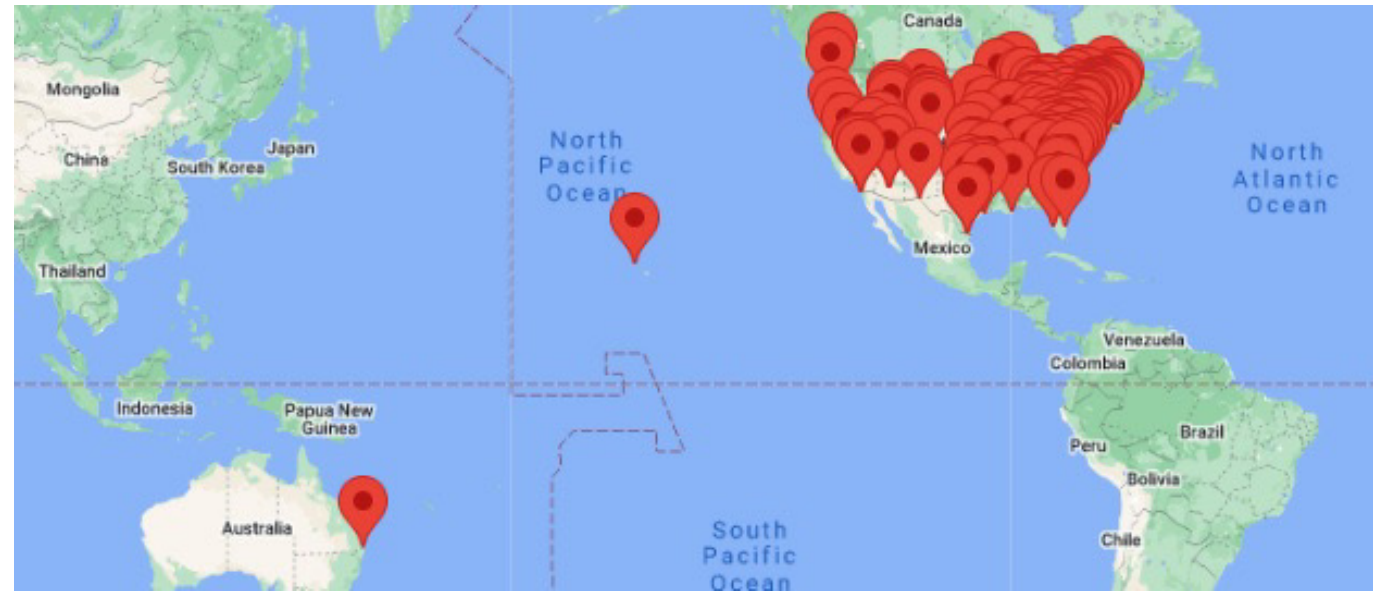
Developed By: Dr. Eileen Flores, LCSW



# Welcome, TSN Coordinators and TSN Teams!

In the Chat Box, please share:

- Your Name
- Your City, State (and/or Country)
- Your Trauma Center



# Introductions, Objectives, and TSN Sites Represented

- ▶ Training Presenters:

- ▶ **Dr. Eileen Flores, LCSW**, TSN Co-Leader for Virtual Groups

- ▶ **David Bell**, TSN Co-Leader for Virtual Groups, TSN Peer/Co-Leader at Gold Coast University Hospital in Southport, Queensland, Australia

- ▶ **Katherine Joseph, MPH**, National TSN Coordinator

# What to Expect in Today's **Part 1** Training

- ▶ Introductions, Objectives, and TSN sites represented
- ▶ Module 1: **“Start with Why”** - Purpose for TSN Virtual Groups and for these TSN Coordinator Trainings
- ▶ Module 2: **“How do I prepare before I start?”** - Practical Tools for Implementation
- ▶ Module 3: **“I Can *Stop the Bleed*, but Support Groups *Scare Me*”** - Group Activity
- ▶ Module 4: **“What do we know really helps survivors?”** - Evidence Based Theoretical Frameworks for TSN Virtual Groups
- ▶ Module 5: **Deconstructing a TSN Virtual Group** - Practical Tools for Equity and Inclusion
- ▶ You're Invited! Join/observe TSN Virtual Support Group - TODAY at 4:00-5:30 pm (ET)

- ▶ Introductions, Objectives, and TSN Sites Represented
- ▶ Module 1: **“Applying DEIPAR: Different Injuries, Different Recovery Goals, Same Group”** - Break Out Groups
- ▶ Module 2: **“Planning with my TSN Peer/Co-leader”** - Video from David Bell, TSN Virtual Groups Co-Leader/TSN Peer
- ▶ Module 3: **“What do I do if there’s a crisis?”** - Safety planning and addressing challenges - Large Group Discussion
- ▶ Module 4: **“Facing our Fears: The Most Basic Application of Skills in a Pivotal Moment”** - Large Group Discussion
- ▶ Module 5: **“But I Still Have Questions . . .”** - Large Group Discussion
  
- ▶ Invitation to join/observe TSN Virtual Support Group today: 6:30 - 8:00 pm (Eastern Time)

What to Expect  
in the Part 2  
Training on  
April 26

# Learning Objectives for TODAY's Training

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**Objective:** Participants will learn best practices and demonstrate skills to implement or strengthen TSN virtual support groups.

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**Objective:** Participants will learn and apply virtual support group tools to encourage inclusion, equity, and a trauma informed approach within TSN virtual support groups.

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**Objective:** Participants will be able to describe and promote the importance of co-leading TSN virtual support groups with a trauma survivor who is a trained TSN Peer.



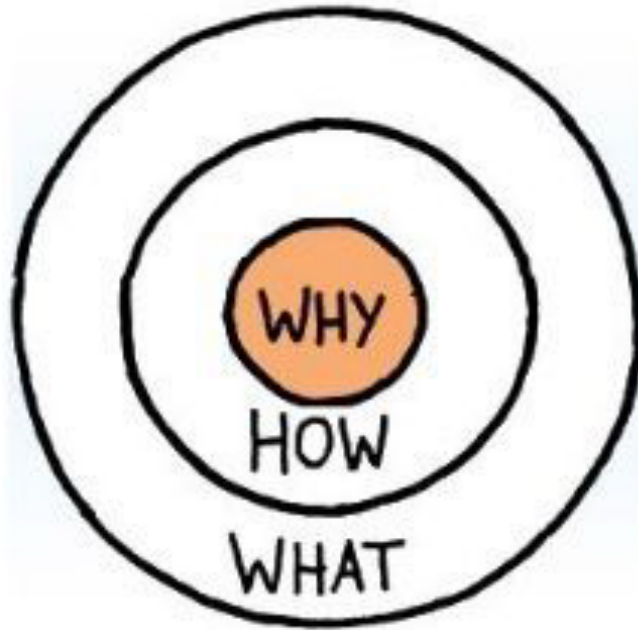
# Module 1: “Start with Why”

- Purpose for TSN Virtual Groups and for these TSN Coordinator Trainings

# “Start with Why”



Act, Think & Communicate from the **INSIDE OUT!**



**WHY** - Your Purpose

Your motivation? What do you believe?

**HOW** - Your Process

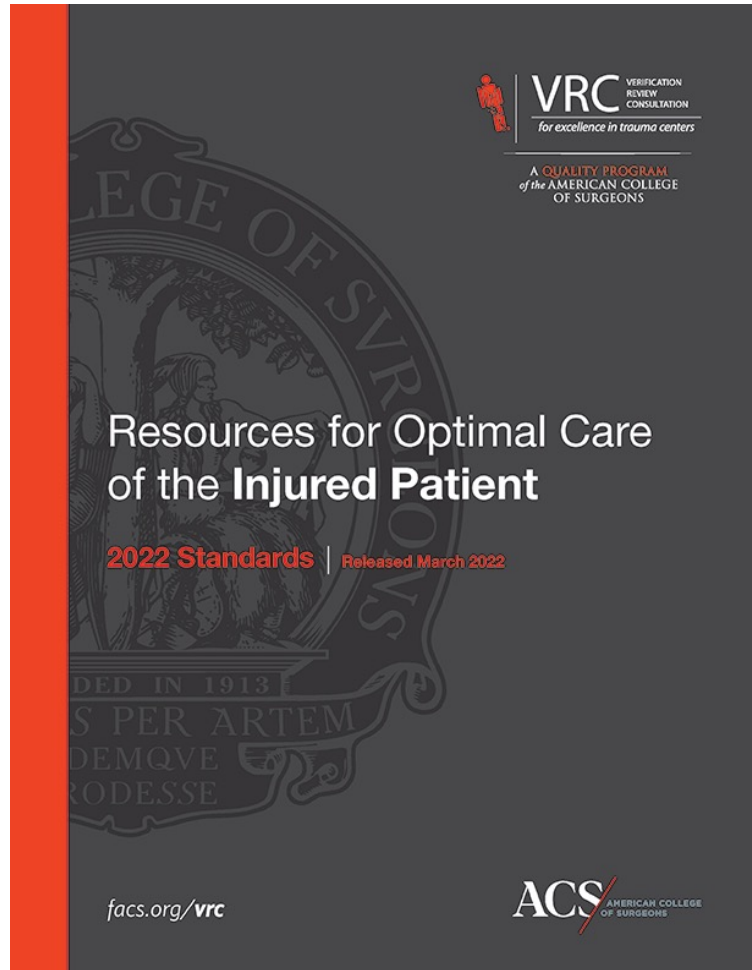
Specific actions taken to realize your Why

**WHAT** - Your Result

What do you do? The result of Why. Proof

- ▶ Simon Sinek’s TedTalk from 2009 is the 4<sup>th</sup> most popular Ted Talk of all time (TED, 2023)
- ▶ Watch “How great leaders inspire action” by Simon Sinek (2009)





# Finding Your Why . . . (Beyond the Gray Book)

You are likely aware of the new ACS Guidelines

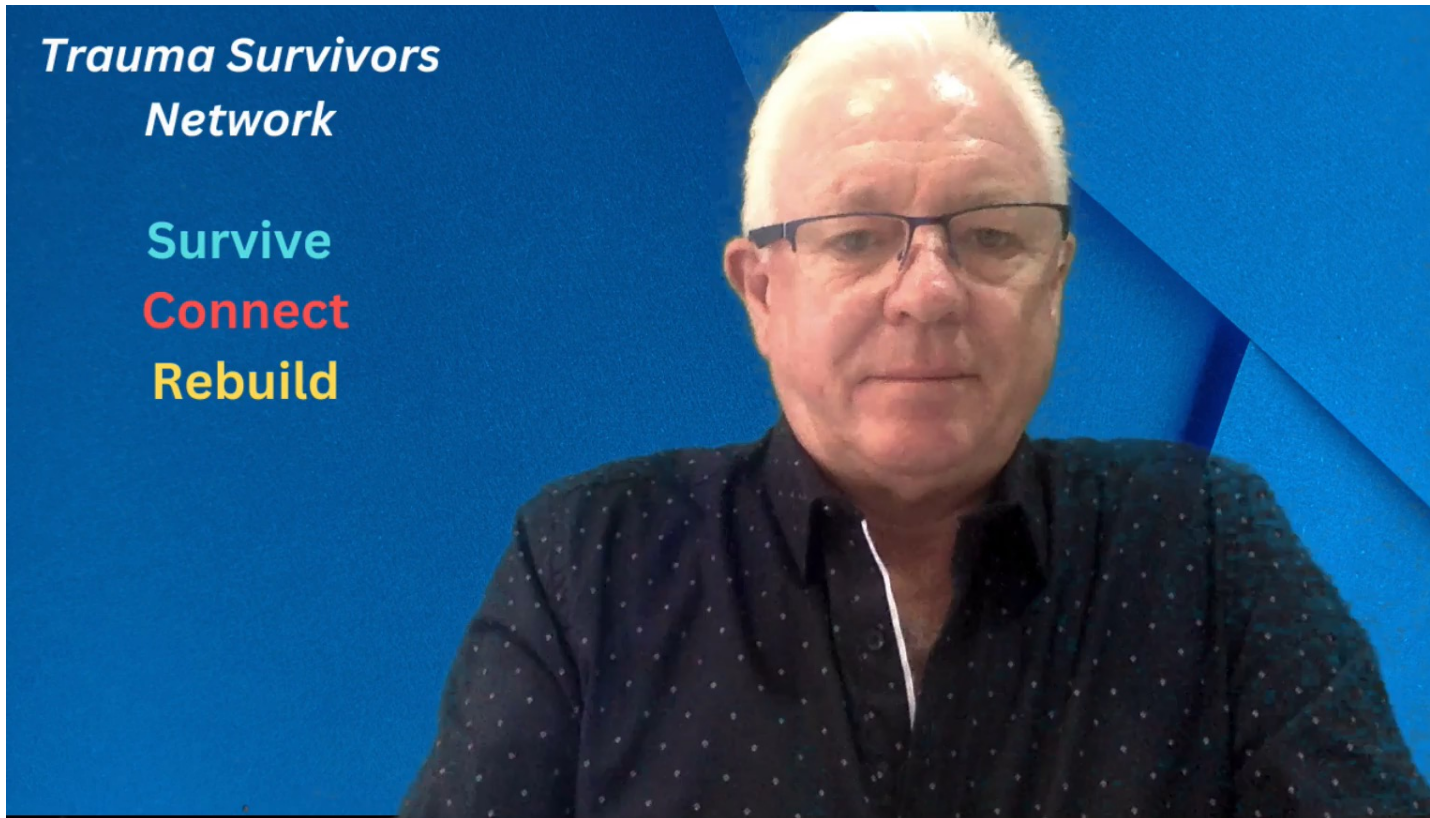
Besides the new requirements for Trauma Centers, what is the **PURPOSE** for launching and maintaining a virtual TSN support group for trauma survivors?



## And now . . . Joining in from Australia, Our International TSN Groups Co-Leader

- ▶ David Bell is a Trauma Survivor, TSN Peer, International TSN Groups Co-Leader, and Co-leader for the TSN program at [Gold Coast University Hospital](#) in Queensland, Australia
- ▶ Read David's [Survivor Story](#)

# Watch David's Video #1 for TSN Coordinators



TSN Peer/Virtual Groups Co-Leader, [David Bell](#)

A black and white photograph of various hand tools, including a hand saw, wrenches, and a hammer, resting on a wooden surface. The tools are arranged in a somewhat haphazard manner, with some overlapping. The background is a blurred wooden wall.

Module 2: “How do I prepare before I start?” -  
Practical Tools for Implementation

# “How do I prepare before I start?”

- ▶ **A Basic Check List:** (See TSN Coordinator Virtual Groups Guide for more info)
  - ❑ Attend or watch both TSN trainings and observe at least 1 virtual TSN support group
  - ❑ A Leader (Trauma Professional or Mental Health Professional)
  - ❑ A Co-Leader (Trauma Survivor/TSN Peer)
  - ❑ A virtual format (Zoom, Microsoft Teams, etc.)
  - ❑ **Clear Guidelines** of who this group is for and who it is not for (survivors of traumatic injury, possibly caregivers too, possibly youth or adult groups)
  - ❑ **Resources** for other appropriate support groups you can refer to (grief/loss, cancer support, domestic violence groups, etc.)
  - ❑ **Review Best Practice Guidelines** for Virtual Support Groups (APA & ATA, 2022; Merrill et al., 2022; NASW et al, 2017)
  - ❑ **A Process of Marketing** the virtual group to Survivors and to Trauma Medical Providers
  - ❑ **A Process of Registering** Survivors for the virtual group who give consent for attending a support group
  - ❑ **A Process of Charting** after each group (attendance, themes, etc.)
  - ❑ **An Emergency Safety Plan** that both co-leaders practice. Use the **Template or Online Version**.



# And now . . . Live from Our National TSN Coordinator!

## Promotion for Virtual TSN Groups:

- ▶ **Create a flier on [Canva](#)** (or any other free design tool)
- ▶ **Include a QR Code** to registration on your flier
- ▶ **Limit information** on flier to date, time and contact person, which creates a SAFETY check
- ▶ **Include the Registration link** for [Survey Monkey](#) or [Jotform](#) (*hint: something easy to use*)



**Virtual Support Group  
for Trauma Survivors**

Wednesday, April 12, 4-5:30pm EST  
and  
Wednesday, April 26, 6:30-8pm EST

This Month's Topic:  
**"Empowering Survivors to Share Their Voices"**

**Virtual Support groups are free, 90 minute online groups to support survivors of physical injury.**

Groups are co-led by TSN Trauma Professionals and TSN Peers.

Register at the link below:  
<https://www.surveymonkey.com/r/5MBXM9J>

Questions? E-mail Katherine Joseph at [kjoseph@amtrauma.org](mailto:kjoseph@amtrauma.org)

**Register here!**



**ATS** American Trauma Society **trauma survivors network** provided by ATS

# Simple Registration Process

## Registration Process:

- ▶ **Create a sign up/registration page to screen potential participants**
  - ▶ Survey Monkey or Jotform
  - ▶ Include name, email, phone, location (Safety Plan!), mechanism of injury
  - ▶ Include legal language/consent process (example: “This is not therapy or counseling. This is Peer Support with Psychoeducational Support”)
- ▶ **Screening for the audience the TSN group serves**
  - ▶ Only those who are appropriate for group receive Zoom link. This requires staff (*or intern*) time to monitor sign-ups.
  - ▶ For those who are *not* appropriate for the TSN group, send them more appropriate resources (grief support group, domestic violence group, etc.)





# Sending Reminders

- ▶ Make it simple for survivors to join in!
- ▶ Send reminder emails **a few days before group** and the **day of group** with the link for joining in group
- ▶ Even with reminders, many registrants still do *not* attend groups



**10 Minute  
BREAK!**





Module 3: “I Can *Stop the Bleed*,  
but Support Groups *Scare Me*”

- Group Activity

# We Can't Face Our Fears Until We Identify Them!

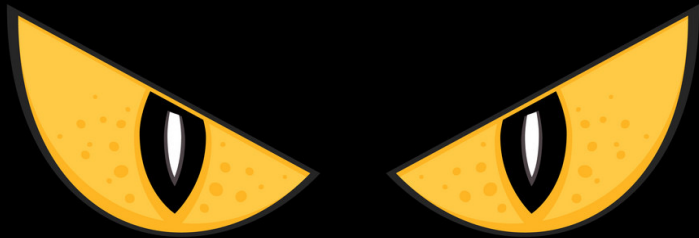


- ▶ **What Scares You the MOST** about leading a Virtual TSN Support Group?
- ▶ Soon, we will **divide into virtual small group rooms** to discuss.
- ▶ **Create a list of your Top 5 Biggest Fears** for Leading a Virtual TSN Support Group
- ▶ **Choose One Person** from your group to share your list in the large session when we return

# Let's Create a List of TSN Coordinator's Top Fears for Leading Virtual TSN Support Groups

*(Hint: We will Address These Fears in the TSN Training-Part 2, so please come back on April 26.)*

Type Here:

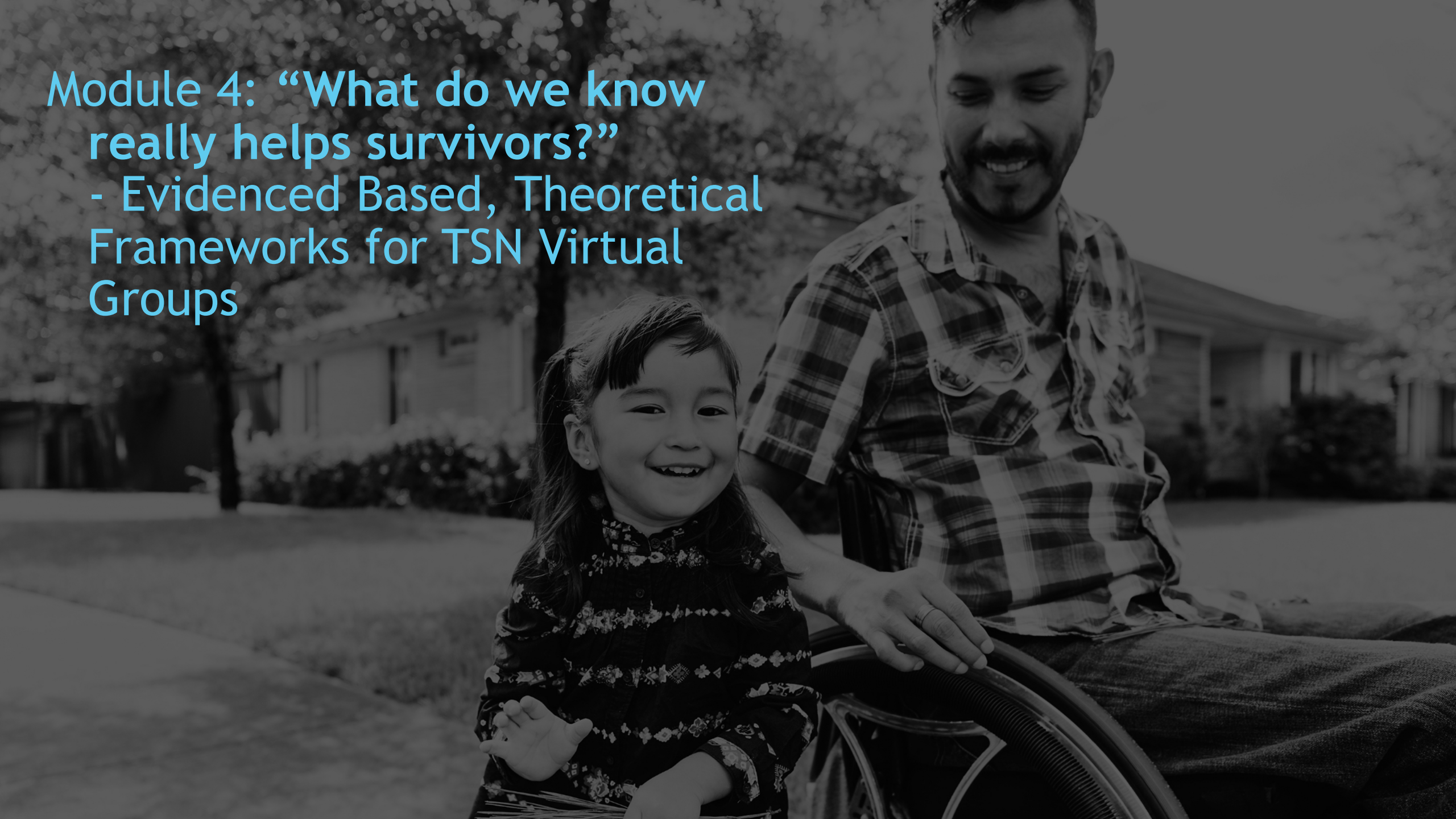


**IT'S OK TO  
~~DO IT ALONE.~~**

*ask for help.*

# Module 4: “What do we know really helps survivors?”

- Evidenced Based, Theoretical Frameworks for TSN Virtual Groups



# Evidence Based, Theories or Frameworks for TSN Virtual Groups

*(See TSN Coordinator Virtual Groups Guide for more info)*

## Briefly Covered in Today's Training:

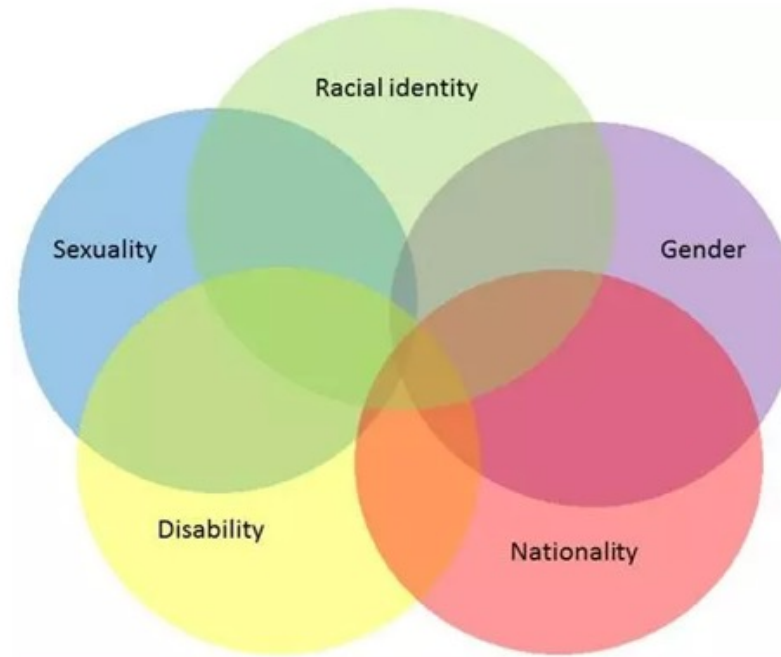
- ▶ DEIPAR (Diversity, Equity, Inclusion, Intersectionality, Power Analysis, Anti-Racism)
- ▶ Trauma Informed Care
- ▶ Universal Design for Learning
- ▶ Social Cognitive Theory/Social Learning Theory

## Briefly Covered in Training #2:

- ▶ DEIPAR (Diversity, Equity, Inclusion, Intersectionality, Power Analysis, Anti-Racism)
- ▶ Motivational Interviewing
- ▶ Mindfulness
- ▶ Cognitive Behavioral Therapy
- ▶ Dialectical Behavioral Therapy

# DEIPAR Framework

Developed by Crenshaw(1989);  
Dyer & Gushwa (2023)



- ▶ Diversity
- ▶ Equity
- ▶ Inclusion
- ▶ Intersectionality
- ▶ Power Analysis
- ▶ Anti-Racism



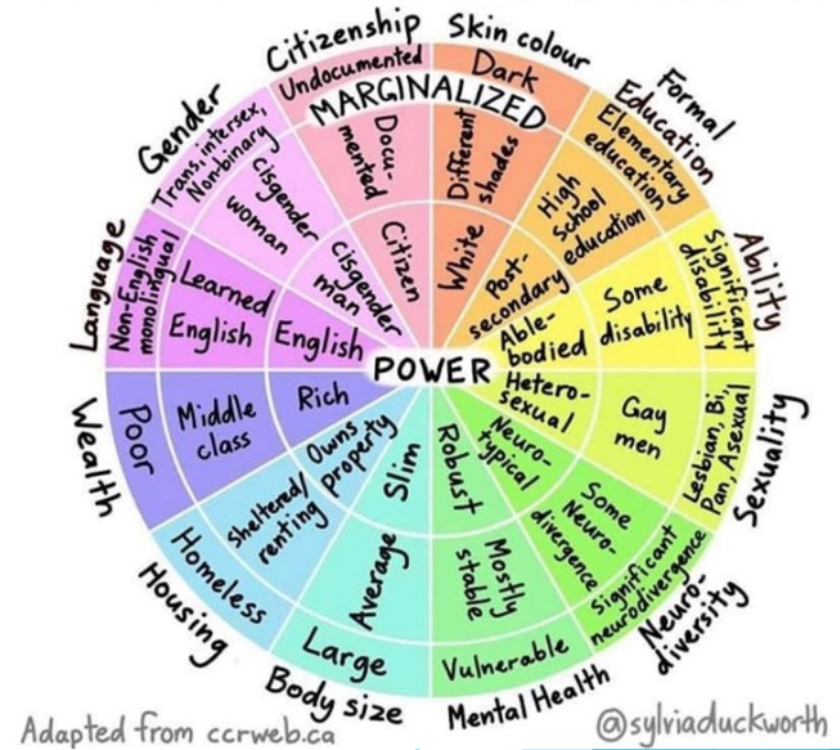


# DEIPAR Framework (Cont.)

- ▶ Diversity
- ▶ Equity
- ▶ Inclusion
- ▶ Intersectionality
- ▶ Power Analysis
- ▶ Anti-Racism
  
- ▶ Dr. Tameka Cross' Story



## WHEEL OF POWER/PRIVILEGE

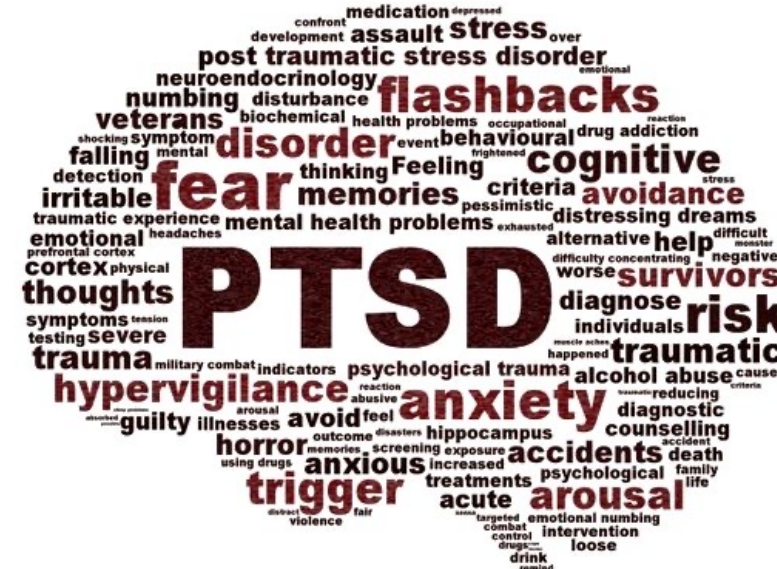


# Trauma Informed Care Framework

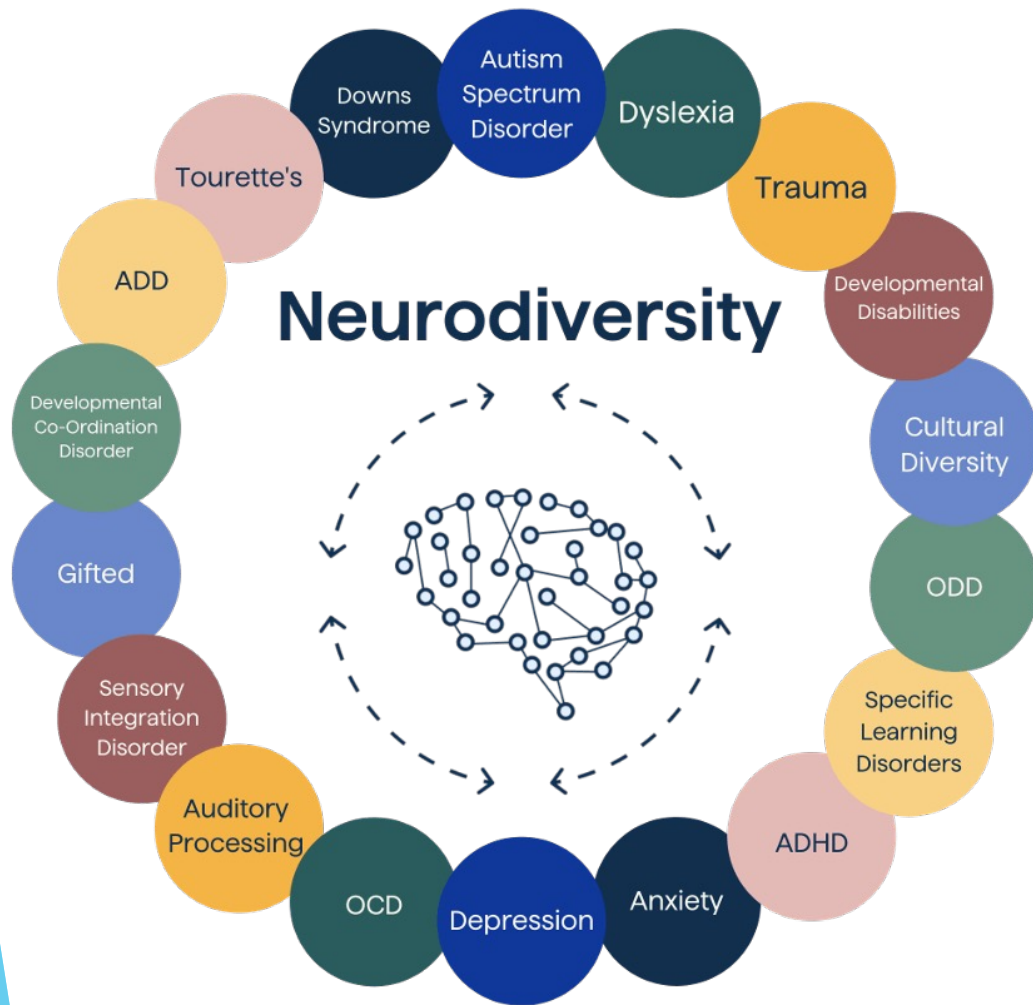
Developed by SAMHSA (2014)

## Six principles:

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical, and Gender Issues



# Universal Design for Learning (UDL)



Adapted by the Center for Applied Special Technology (CAST, 2018; Chardin & Novak, 2021)

- ▶ Focuses on inclusion within educational [or psychoeducational] environments
- ▶ Learner-Centered approach shifts the power dynamic to a collaborative way to learning

The three main principles of UDL include:

- ▶ 1. Provide multiple means of engagement (the **WHY** of learning)
- ▶ 2. Provide multiple means of representation (the **WHAT** of learning)
- ▶ 3. Provide multiple means of action and expression (the **HOW** of learning)

# Universal Design for Learning (UDL) (Cont.)

## Multiple Means of Engagement

Stimulate motivation and sustained enthusiasm for learning by promoting various ways of engaging with material.



## Multiple Means of Representation

Present information and content in a variety of ways to support understanding by students with different learning styles/abilities.



## Multiple Means of Action/Expression

Offer options for students to demonstrate their learning in various ways (e.g. allow choice of assessment type).



# Social Cognitive Theory/Social Learning Theory

Developed by Albert Bandura:

Social Learning Theory (1977)

Social Cognitive Theory (1986)

- ▶ SCT stresses the value of observational learning and role modeling in a social environment
- ▶ Bandura concludes there are **mental/cognitive factors occurring** between observing a behavior (stimulus) and choosing to imitate it (response)
- ▶ SCT includes **Self Efficacy**: a person's confidence level in his or her own ability to complete the task



## 1961 BOBO DOLL STUDY

Significant study showing that not all behavior is directed by reinforcement or rewards (Skinner/Behaviorism) but also through simply imitating a behavior that has been observed socially

# Social Cognitive Theory/Social Learning Theory (Cont.)

## Four Major Sources of Self-Efficacy:

- **Mastery Experiences** (completing a task successfully)
- **Social Modeling** (watching a model complete a task successfully)
- **Social Persuasion** (Encouragement from others)
- **Psychological Responses** (How one interprets his or her own emotional reactions)



## Factors that INCREASE likelihood a behavior will be imitated:

- Models we admire or see as warm and caring
- When we lack confidence in our own knowledge or abilities
- Models who are similar to us in age, gender, interests, etc.
- Models who receive rewards for their behavior
- When the situation is confusing or uncertain

# Module 5: Deconstructing a TSN Virtual Group

## - Practical Tools for Equity and Inclusion



# EMPOWERING SURVIVORS TO SHARE THEIR VOICES

TSN VIRTUAL SUPPORT GROUP





# WELCOME

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We're glad you  
joined in.

Here's how to best  
participate in this  
virtual group.



# WHAT TO EXPECT

Introductions:	Say hello to everyone joining in.
Let's Talk:	Introduction and Check in Question: <b>Why do you come to the TSN virtual groups?</b>
Let's Breathe:	Practice Mindfulness Together
Let's Talk:	If you could share <b>one piece of ADVICE</b> to a TSN Coordinator starting a new Virtual TSN Group, what would your advice be?
Follow-up E-mail:	Info from Group



BRAVE  
SPACE



**THIS IS A SAFE  
AND BRAVE SPACE**

- Safety
- Confidentiality
- Respect for everyone





**NEW** in United States:  
Suicide and Crisis Lifeline

Dial or Text 988

- Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

# ADDITIONAL SUPPORT AND RESOURCES IN AUSTRALIA & CANADA

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**Australia:  
Lifeline –  
13 11 14**

**Canada:  
Crisis Services  
Canada –  
1-833-456-4566**



# LET'S INTRODUCE OUR GROUP CO-LEADERS

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**Eileen Flores,  
MSW, LCSW**

**American Trauma  
Society/Trauma  
Survivors Network**

**David Bell,  
TSN Peer Visitor**

**Trauma Survivor**



# LET'S INTRODUCE OUR GROUP PARTICIPANTS

- First Name
- What makes you a trauma survivor?
- Check-in questions:
  - **Why do you come to the TSN virtual groups?**

# LET'S BREATHE



Mind Full, or Mindful?

- How can mindfulness help?
- Practice a mindfulness meditation together





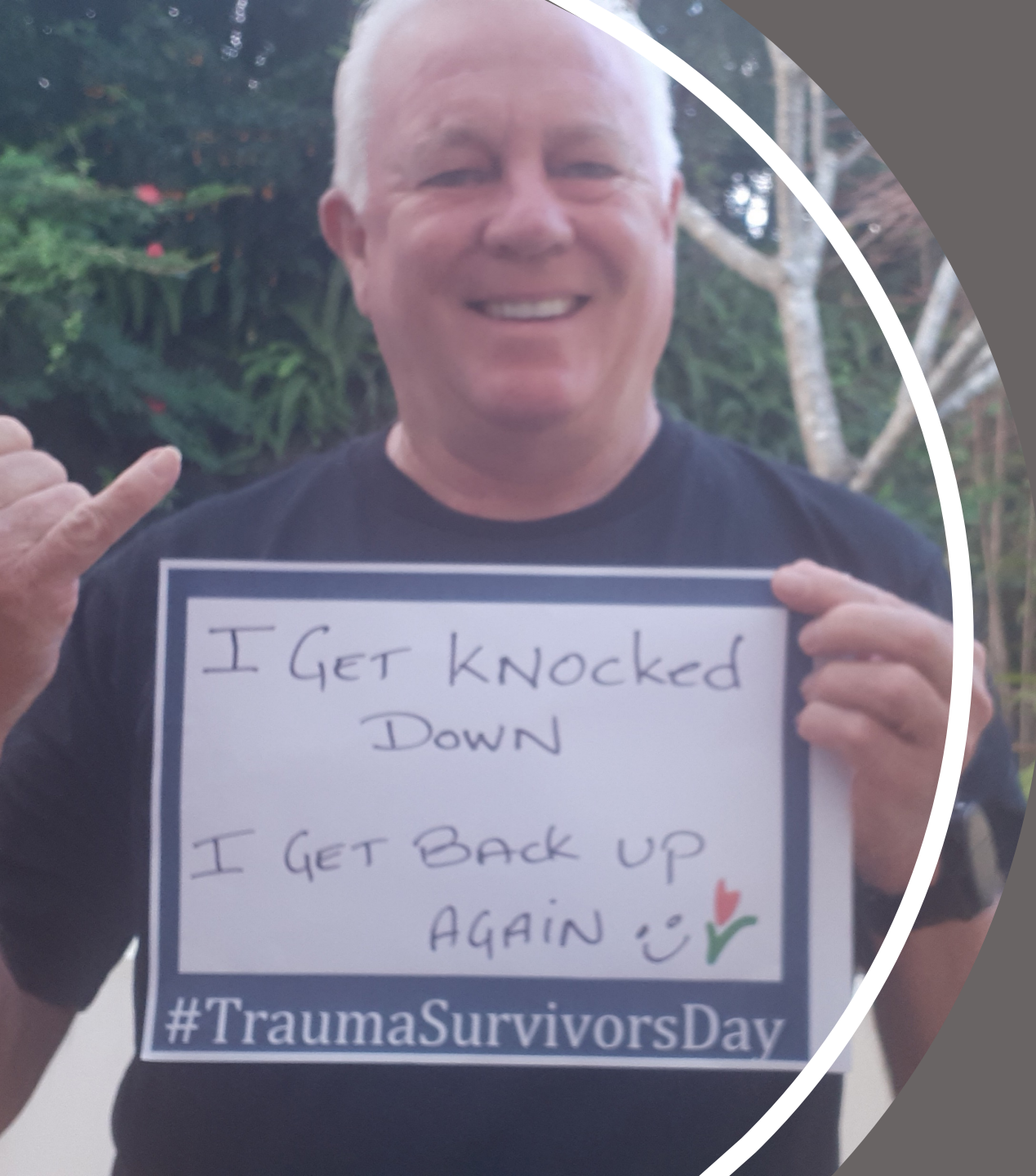


# LET'S TALK

Survivors, please share your voice!

- If you could share **one piece of ADVICE** to a TSN Coordinator starting a new Virtual TSN Group, what would your advice be?



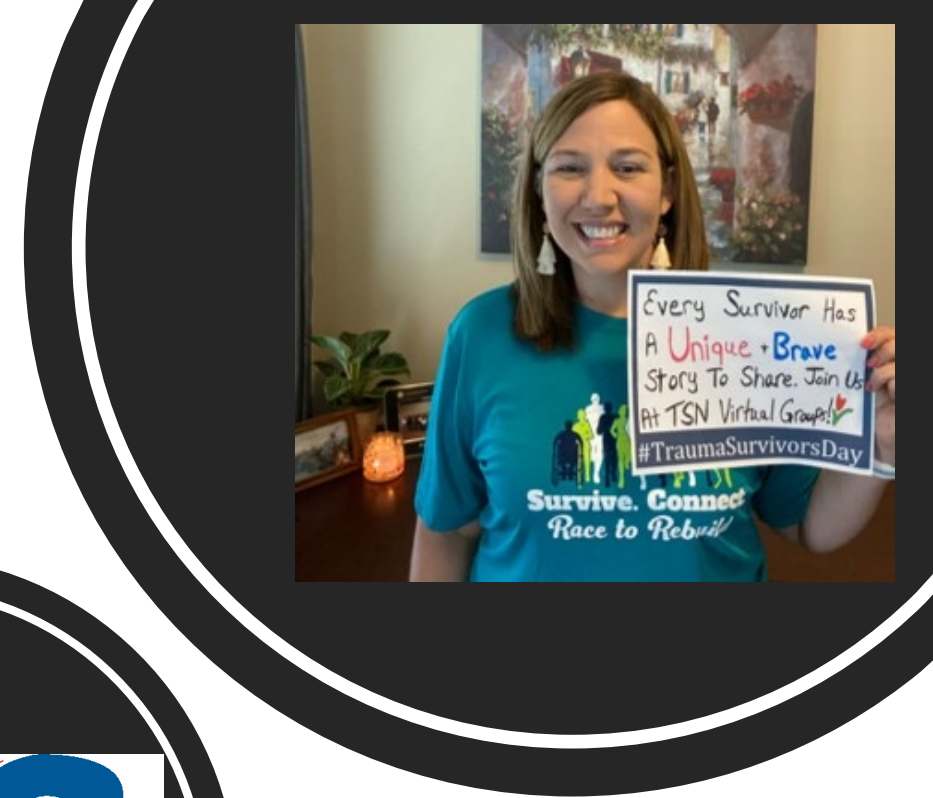


# MAY IS TRAUMA AWARENESS MONTH

- We LOVE to Celebrate Survivors!
- Ways to Join In the Celebration:
  - [2023 Race to Rebuild](#): A Virtual walk/run/cycle/roll event
    - Trauma Survivors: Please use promo code: **SURVIVOR2023** for 50% off registration.
  - [National Trauma Survivors Day](#) (well, it's *international* now)
    - Trauma Survivors, Family/Friends, and Trauma Professionals can all join in
    - Video clips, pictures, words of bravery and hope, social media highlights

# THANKS FOR JOINING IN!

- **Would you like to connect one-on-one with a TSN Peer Visitor online?**
- **Are you getting the monthly TSN Group Registration Invites via e-mail?**
  - **Sign up for FREE!**
- **Would you like to share a video for National Trauma Survivors Day?**
- **Just e-mail Katherine Joseph** to schedule a virtual peer visit or to get on the monthly TSN mailing list. It is FREE!
- **[kjoseph@amtrauma.org](mailto:kjoseph@amtrauma.org)**



# TSN Coordinators, please join us again!

- You're Invited! Join/observe TSN Virtual Support Group:  
TODAY at 4:00-5:30 pm (ET)
- Join us for Part 2 (Application) Training and Interactive Workshop:  
April 26 from 1:00-2:30 pm (ET)
- You're Invited! Join/observe TSN Virtual Support Group:  
April 26 from 6:30-8:00 pm (ET)



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