

Trauma-Responsive Care Workshop for Healthcare Providers

Join Dr. Rahul Gupta for an in-person
3.5 hour **FREE** workshop on trauma
responsive care for healthcare workers

WORKSHOP DATES



Registration Required: follow link or QR code to register for 1 workshop date only*



Tuesday, January 28th, 6-9:30pm
Gibsons Public Market

OR

Friday, February 7th, 1-4:30pm
Rockwood Lodge, Sechelt



OR



Tuesday, February 11th, 9am-12:30pm
Rockwood Lodge, Sechelt



Facilitated by
Dr. Rahul Gupta
Certified MBSR
Teacher & SE
Practitioner

**This workshop is
for physicians,
nurses and
mental health
workers on the
lower Sunshine
Coast**

WHAT WILL YOU LEARN

Tools and knowledge to:

- Identify types & signs of trauma
- Understand the physiological and relational impacts of survival responses
- Utilize efficient somatic skills in support of stability & self-regulation
- Apply these principles for both ourselves as practitioners and for patients we serve

Any Questions, please contact Vicky at: vduffield@scddivision.ca

*same workshop offered 3 times