Podcast Listener's Guide
Trauma Informed Care
with Dr. Sandra L. Bloom, MD

Follow the provided instructions to learn more from the podcast!

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Pre-listening Questions:
Ask yourself these questions, or gather a group of colleagues and discuss them together. Then, take the time to listen to the podcast. Use the Internet to help you.

1. What is trauma-informed care? (If you don't know, how can you find out?)

2. What is the Sanctuary model?

3. Who is Dr. Sandra Bloom? What is her education and experience?

While You Listen:
Answer these questions while you listen to encourage active listening and reflection. Discuss with colleagues if you have the opportunity so that you can learn from each other.

1. What are some indicators of an organization that has successfully implemented a model of trauma-informed care?

2. Why is it particularly important to implement a trauma-informed model in child and youth settings?

3. What are the three levels of a public health approach to trauma-informed care?

4. What are the 4 types of safety?

5. What is a strategy for operating within a power hierarchy?

6. What happens when we use the trauma-knowledge-base to make decisions?

7. Who did Dr. Sandra Bloom develop the Sanctuary model with?

Food For Thought: Takeaway Questions

1. Dr. Bloom talks about the concept of "levelling power" and how collaboration and working together is integral to creating meaningful change. Think of someone who would traditionally be considered your manager/leader/elder. How can you share decision making "power" or work together on a current or future project/goal/task?

2. Dr. Bloom discusses the ubiquity of organizational stress. How does organizational stress impact your work with clients? Where can you find more information about organizational stress? How can you make a difference in your organization?

For Further Reading: Websites
http://www.sanctuaryweb.com/
http://thesanctuaryinstitute.org/about-us/the-sanctuary-model
http://drexel.edu/dornsife/academics/faculty/Sandra%20Bloom/