



YWCA Edmonton Counselling Services Presents:

PEER CONSULTATION GROUP – Trauma-focused practitioners

“A space for trauma-focused therapy providers to share and consult with one another”

Description:

This group is intended for registered therapists (R. Psych, R Provisional Psych, Masters-level Registered Clinical Social Workers, or Canadian Certified Counsellors with the recommendation of a registered professional) who specialize in providing trauma-informed therapy to share and consult with their peers.

Participants will take turns sharing an active client case for which they are seeking additional insights or recommendations from peers on how to proceed. In turn each participant will provide relevant insights or recommendations to their peers. Sessions will be facilitated by a registered member of the College of Psychologists, and no client identifying information will be used.

Program Objectives

- 1) Provide a place for trauma-focused practitioners to collaborate
- 2) Improve the quality of trauma-informed therapy service delivery in the Edmonton region
- 3) Establish a sustainable revenue generation source for the Counselling Services program in order to expand access to Mental Health services.

Requirements: In order to participate in this group, participants must:

- 1) Be a registered member of a provincial college authorized to provide psychotherapy (i.e. College of Alberta Psychologists, Alberta College of Social workers);
- 2) Be actively providing therapy to clients, primarily of a trauma-focused nature;
- 3) Commit to being a respectful and participative group member. This includes participating in both seeking input for their own cases as well as providing appropriate input on other cases; respecting the confidentiality of clients as if they were their own;
- 4) Ensure that only clients who have granted permission to have their cases shared are brought up to the group, and that no identifying information is disclosed.

Risks and Benefits

Risks:

- It is important that clients give permission to allow their details to be shared with group members. While all members are bound by the College’s standards of confidentiality, there is an inherent risk when details are shared within a group.

- As with any consultation, the perspectives or information shared by others may not be appropriate for your client, please use your clinical judgment when evaluating suggestions made by your peers.

Benefits:

- It is often helpful to seek the impressions of others. Different perspectives and theoretical orientations may help you gain an insight on how to conceptualize your client in a way you've never previously considered.
- Your fellow trauma-skilled therapists may be able to offer you techniques, trainings, tools, reading materials of which you were not previously aware.

Your Responsibilities

- 1) Attendance and participation.
 - a. Attendance: Please notify the organizer should you need to miss a session, or will not attend a session for the complete duration. If you will be missing multiple sessions, you may be asked to step away and return when your circumstances allow for regular attendance.
 - b. Participation involves not just presenting cases, it also means offering perspectives where appropriate.
- 2) Respecting client confidentiality
- 3) Payment prior to group initiation

Expected Outcomes

- 1) Supportive case conceptualization and treatment planning.
- 2) Through this collaboration, the quality of trauma-informed therapy service delivery throughout the Edmonton region will improve.
- 3) Revenue generation: \$25 per person per session, 6 attendees will meet biweekly, 25 times per year (allowing for time off in the summer and winter holidays).

Who Should Attend This Group

The program is most suitable for:

- 1) This group is intended for registered therapists (R. Psych, R Provisional Psych, Masters-level Registered Clinical Social Workers, Canadian Certified Counsellors with the recommendation of a registered professional) who specialize in providing trauma-informed therapy to share and consult with their peers.
 - a. Please note, this is not Group Supervision. We kindly request that supervisors and supervisees attend separate groups.

The program is not suitable for:

- 1) Practitioners who are not currently providing trauma-focused interventions to clients.

Additional Information:

Start Date/End Date: TBD

Time Frame: Biweekly.

Length of each session: 1 hour

Start time: Tuesdays: 7:30pm – 8:30pm

Minimum number of participants required: 4

Maximum number of participants allowed: 6

Cost: \$25 per session. *Minimum prepayment of 3 months required.*

- Annual \$575
- 6month \$300
- 3 month \$155

How to Sign-up:

Interested therapists should contact Angie Allan (information below) to express interest. Angie will conduct a brief phone screen to ensure participants meet requirements.

If you have any further questions please call Angie at 780-970-6501 or email at counselling@ywcaedm.org.