

Note to Learner: The Institute for the Advancement of Family Support Professionals (IAFSP) encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and family support professional competencies
- Learner rates knowledge of learning objectives

During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Prints Reflective Responses to share with supervisor
- Completes post-training evaluation

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan over time

This 90-minute online module examines the concept of historical trauma. Participants will uncover events and experiences that have caused much intergenerational adversity, learn of the devastating effects historical trauma has on individuals and groups today, and celebrate resilient efforts to overcome these traumas through reclaiming the past to heal the future. Importantly, this module highlights the firsthand accounts of individuals, in their own words, whose families have experienced historical trauma. Finally, it provides concrete ways for professionals, community members and allies to critically consider their own personal stories and to build support for those who have experienced historically traumatic discrimination, oppression and persecution, to build strong, thriving communities today.

NATIONAL FAMILY SUPPORT PROFESSIONAL COMPETENCIES

- Domain 4: Dynamics of Family Relationships*
 - Dimension 15: Influences on family well-being*
 - Component a: Racism and discrimination*
 - Component b: Culture and language*
 - Component d: Risks and stressors*
- Domain 6: Relationship-Based Family Partnerships*
 - Dimension 25: Respect and responsiveness*
 - Component a: Respect for diversity*
- Domain 8: Cultural and Linguistic Responsiveness*
 - Dimension 28: Cultural competency*
 - Component a: Cultural identity*
 - Component b: Knowledge of culture*
 - Dimension 28: Cultural humility*
 - Component a: Power imbalances*

BEFORE THE TRAINING

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Understand historical trauma and how it has affected different groups of people throughout generations, spanning both time and place.		
Describe individuals whose ancestral pasts and current lives are connected through systemic and targeted group trauma.		
Recognize the incredible resilience of families and populations that respond to historical trauma daily through relationships, hope and survival.		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

AFTER THE TRAINING

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Reflect on the individuals and communities I serve – Have they been affected by historical trauma? How can I better support them in the healing process?
- Support families in shared decision-making, choices and goal-setting to determine the plan of action they need to heal and move forward.
- Listen and learn from the histories that families share with me.
- Provide strength-based tools and resources to help with healing.

My Action Plan

ACTION	TARGET DATE	DATE COMPLETED