



# Trauma-Informed Course for Lawyers

Presented via Zoom

Legal Aid BC acknowledges the traditional unceded territory of the Coast Salish peoples, including the territories of the x<sup>w</sup>məθkwəyəm (Musqueam), Skwxwú7mesh (Squamish) and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations on whose territory we work.

Legal Aid BC is pleased to welcome Myrna McCallum to provide a trauma-informed course for our lawyers. The course will run from 2pm to 5pm on February 24, 2025. The course will be presented via Zoom, and participants are required to have their webcam on.

## Agenda

February 24, 2025 - 2 pm to 5pm

### Trauma:

- The Neuroscience of Trauma
- Individual, Collective, Racial, and Intergenerational Trauma
- Identifying Trauma Responses and Triggers

### Psychological Safety:

- What is Psychological Safety?
- Self-Awareness, Self-Reflection, Self-Regulation
- Dismantling the Myth of the All-Knowing Lawyer

### Trauma-Informed + Principles:

- Safety and Survival
- Overview of Trauma-Informed Principles
- Lawyering with Curiosity and Humility

### Racial Justice:

- Discrimination and Racism in the Courts
- The Legal System and You: Reputational Repair
- Justice as Trauma or Justice as Healing

### Mental Health & Wellness:

- Are you ok? Recognizing the risks to your mental health and wellness