

Guidelines for Consultation

These consultations are provided with the intention of helping participants become trauma-informed and implement trauma-informed and trauma-specific practices within their professional roles. This differs from clinical supervision in that this consultation centers around implementation of trauma specific practice. The initial 12 hours of Consultation or 6 hours of group Consultation are designed to further explore trauma specific treatment and to integrate the knowledge learned through trainings and reading putting it into practice. 12 individual hours or 6 group hours are the minimum requirement. During consultations participants will need to demonstrate comprehension and application of basic training concepts noted below.

***Please note that group consultations will be recorded for supervision and training purposes and so we request that you refrain from using names or any identifying information.**

Required Reading

ATTCH Clinical Manual

Recommended Readings and Programs

- Body Keeps the Score by Bessel van der Kolk
- Parenting from the Inside Out by Daniel Siegel
- The Boy Who Was Raised as a Dog by Bruce Perry
- TLC Evidence-Based Trauma Intervention Program based on relevant age group:
 - Preschool to age 6 - What Colour is Your Hurt
 - Children and Youth – The Trauma Intervention Program
 - Adults – Adults in Trauma Program

Basic Training Concepts

- Phase-Based Treatment
- Window of Arousal and Tracking Affective States
- Grounding and Resourcing
- Completion of Historical Timeline
- Trauma Processing
- Body Scan / Awareness Work
- Affect Regulation Work Inclusive of Discharging and Activation Work
- Reevaluation and Reappraisal of Trauma Experience
- Competency Building

Additionally, the Candidate will have a working understanding of:

- Resourcing
- Creating stabilization / grounding at the beginning and end of each session
- Clear case conceptualization
- Treatment target identification and prioritization
- Understanding containment and other grounding/containment strategies

Consultation Attendance

As this space is being reserved for you and participation is anticipated, consultees agree to make a commitment to the scheduled group and are responsible for prioritizing consultations within their schedule. Should you not be able to attend, payment for the session is still required as the time and space has been held in the consultant's schedule.

Payments are to be made prior to the consult date and can be sent by e-transfer to reception@attch.org or by credit card via Pay Pal as we no longer use the Wave invoicing system.

My signature below confirms that I have read, understand, and agree to the above consultation agreement.

Printed Name

Signature

Date

ATTCH Consultant Name

Signature

Date