



Trauma-Informed Community Health & Wellness - Trauma Healing Project

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Our Vision and Work

The vision of the Trauma Healing Project is a vibrant and connected community where anyone impacted by violence, abuse or trauma receives the support and attention they need to fully recover and to reach their highest potential. In order to increase the competence and capacity of those in the best positions to provide resources and support, we provide training and technical assistance to health care, social service and healing arts professionals, as well as to friends, family and community members. Our efforts are uniquely guided by survivors who continue to advise and consult with us on every aspect of our work, including specific projects.

Our Training and Technical Assistance Philosophy

Exposure to new and relevant information and ideas, especially when the content offers insight into current challenges or guidance for desired growth and improvement, can inspire and bring people together. Whenever possible we offer trainings in support of larger change efforts and in ways that allow participants to integrate and practice what they are learning. Shorter trainings and presentations can help launch or support efforts to implement trauma informed care or to raise awareness within communities. Longer workshops are very interactive and designed and tailored to meet specific needs and goals of sponsors and participants. We provide technical assistance ranging from case consultation and expert testimony to organizational assessment and full trauma-informed care implementation support. Technical assistance projects and processes can be arranged to meet the needs of a single clinic or program or a multi-site and multidisciplinary organization or program.

Our Trainings

The Trauma Healing Project provides trainings at our beautiful facility in Eugene, as well as on-site by request at locations throughout the Northwest. Specialized trainings are available to support a wide range of educational, social service, health and mental health care professionals and can be adapted to meet discipline and population specific needs and goals.

Basic Trauma Awareness, Adverse Childhood Experiences (ACEs) and Trauma-Informed Care

Shorter intro courses and keynote presentations provide an overview and summary of relevant information adapted to meet the needs of each audience. Each of these presentations covers the prevalence and impact of trauma (local and population statistics provided where appropriate and available) and the correlations between abuse, violence and other adversities and individual and community health. Longer courses and workshops on these topics provide the basis for trauma-informed competency and for larger implementation efforts.

Advanced Practice and Specialty Trainings

- Trainings for providers working with specific populations (e.g. children in foster care, sexual abuse survivors)
- Discipline specific trainings (e.g. health care providers, early childhood educators, court volunteers, advocates)
- Workforce Wellness and Trauma-Informed Supervision
- From Traditional Practice to Evidence-Based Intervention – What We Know About Trauma and Healing
- Workplace Safety and Conflict Resolution

Our Staff

In addition to her role as lead trainer and consultant, Elaine Walters is the founding Executive Director of the Trauma Healing Project, an organization that provides professional and community training and direct healing support for survivors. Prior to this position she coordinated the Sexual Assault Nurse Examiner Program for the Oregon Attorney General's Sexual Assault Task Force and Directed the Domestic Violence Intervention Project within two large healthcare organizations in Lane County, Oregon. She has designed and facilitated trainings on many related topics and has provided direct services and support to youth and adults impacted by violence, abuse and other forms of trauma. For the last 25 years she has been involved in the effort to expand accessible trauma healing resources and to implement trauma-informed care practices locally, regionally and state-wide.