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## TRAUMA-CPR

### Trauma-CARE

Create a culture of care in your organisation by increasing awareness about trauma and how to support those who have been exposed to trauma.

Wellbeing Aotearoa provides specific training in:

- + Explaining what trauma is, and how trauma effects the brain, behaviour and relationships
- + How and why trauma exposure affects people differently
- + Mental health problems such as anxiety, depression, post-traumatic stress
- + Suicide awareness: facts and myths; risk and protective factors; how to support a person at risk.
- + **Care-ful communication: Compassion; Active listening; Restoring safety; Empowering people**
- + How to promote wellbeing and psychological safety in the workplace

### Trauma-PREPARE

Prepare your organisation for trauma-management.

Wellbeing Aotearoa provides specific training in:

- + Trauma-informed policies and procedures
- + Developing leader competence and confidence in trauma management
- + Teaching psychological first aid
- + Developing leader competence and confidence in supporting employees following trauma exposure using the principles of psychological first aid
- + Supporting the supporters: understanding vicarious trauma and the need to prioritize self-care when working with traumatised people
- + Selecting and training appropriate people to provide peer support to co-workers
- + Identify and mitigate practices that have the potential to re-traumatise

### Trauma-RESPOND

In the case of major critical incidents, Wellbeing Aotearoa will deploy immediately to help your organisation, school, or community manage the trauma response. We provide 24/7 onsite support for major critical incidents and offsite support for minor critical incidents.

**The onsite response includes:**

- + Onsite support by a trauma expert
- + Direct support to affected individuals, families and community groups
- + Advice about how to create safety for people exposed to trauma, including a safe return to work
- + Developing personal and team growth and resilience
- + A final report outlining Wellbeing Aotearoa's services and the outcomes achieved

**The offsite response includes:**

- + Specialised advice and coaching for managers for individual trauma cases
- + Guidance on how to engage an effective trauma-management response from your Employee Assistance Provider
- + Support in coordinating services between General Practitioners, Trauma-Informed Psychologists, Injury Managers, and the affected individual
- + Monitoring for stress and self-care

A O T E A R O A

Supporting wellbeing from the ground up