

Coaching Program Handout

It's no secret that the present healthcare system is traumatizing. Abuse and exploitation of staff is rampant throughout the entire system. Unfortunately, rather than taking responsibility for creating traumatizing working conditions, many administrators tell their staff to do better self-care and to develop resilience so they won't be so exhausted and burned-out. They make it the individual healthcare worker's problem.

The good news is that nurses are finally saying enough, no more, that's it, I quit.

But quitting isn't enough. Remembering and telling the truth about terrible experiences are prerequisites for healing. Truth telling helps to heal the distressing physical and emotional symptoms associated with traumatization. When secrecy prevails it's easy to get stuck in the trap of devaluing yourself, your perceptions and your health.

Join us as we share our truth with each other in the safety of peers and with the guidance of trauma expert Kathy Allan RN, HN-BC, HTCP/I-R, SEP