

Healing-Centered Trauma Education Impact Evaluation June 2024

Introduction

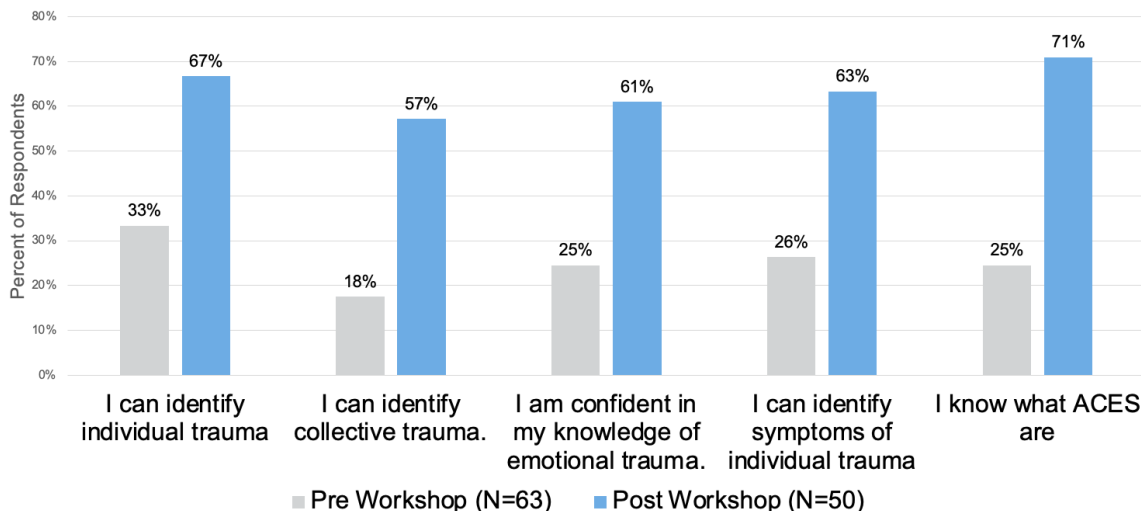
This report presents findings from program evaluations conducted to assess the impact of trauma education sessions delivered to professional staff at social service organizations in the United States. The training aimed to deepen participants' understanding of trauma and its effects, strengthen trauma-informed practices, and support the development of healing-centered approaches within their organizations.

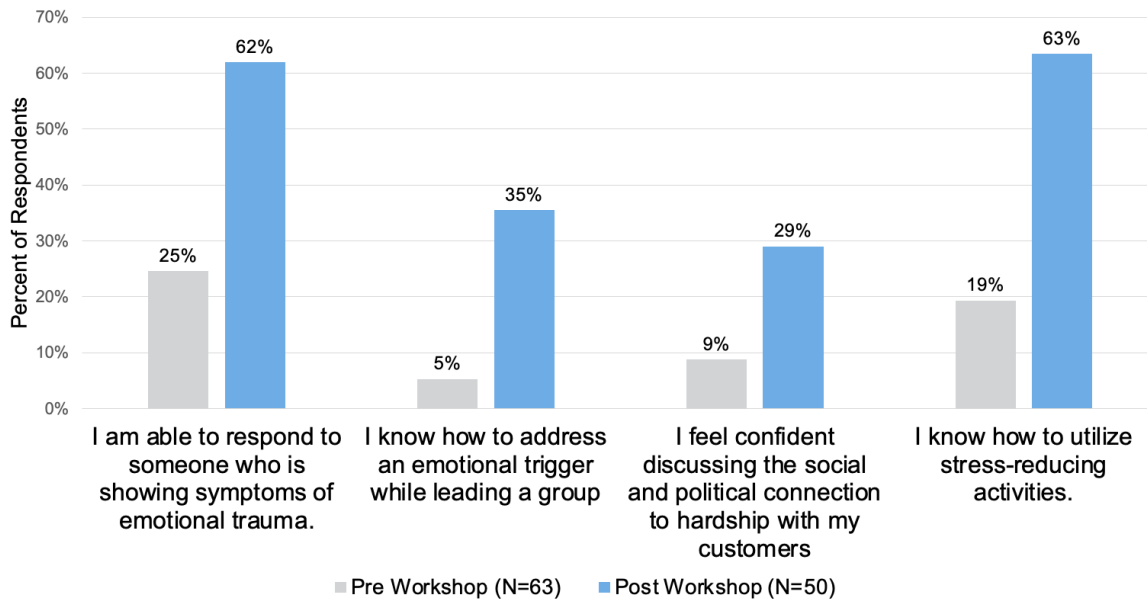
Evaluation data were collected through pre- and post-program surveys designed to measure changes in participants' knowledge, attitudes, and confidence related to trauma-informed care. The surveys also captured feedback on the relevance and applicability of the training content to participants' daily work. The results summarized in this report offer insight into the effectiveness of the sessions and highlight opportunities to enhance future education efforts for professionals working in community-based settings.

Trauma Knowledge

Two graphs below illustrate the self-reported acquisition of trauma knowledge among participants before and after attending Healing-Centered Trauma Education workshops. The data reflect the percentage of participants who selected "strongly agree" in response to statements measuring specific trauma-related knowledge and skills.

Across all areas assessed, participants reported statistically significant improvements following the workshops. The proportion of respondents who strongly agreed with statements indicating a solid understanding of trauma and trauma-informed practices increased consistently from pre- to post-workshop. These findings suggest the workshops were effective in enhancing participants' confidence and competence in applying trauma knowledge within their professional roles.





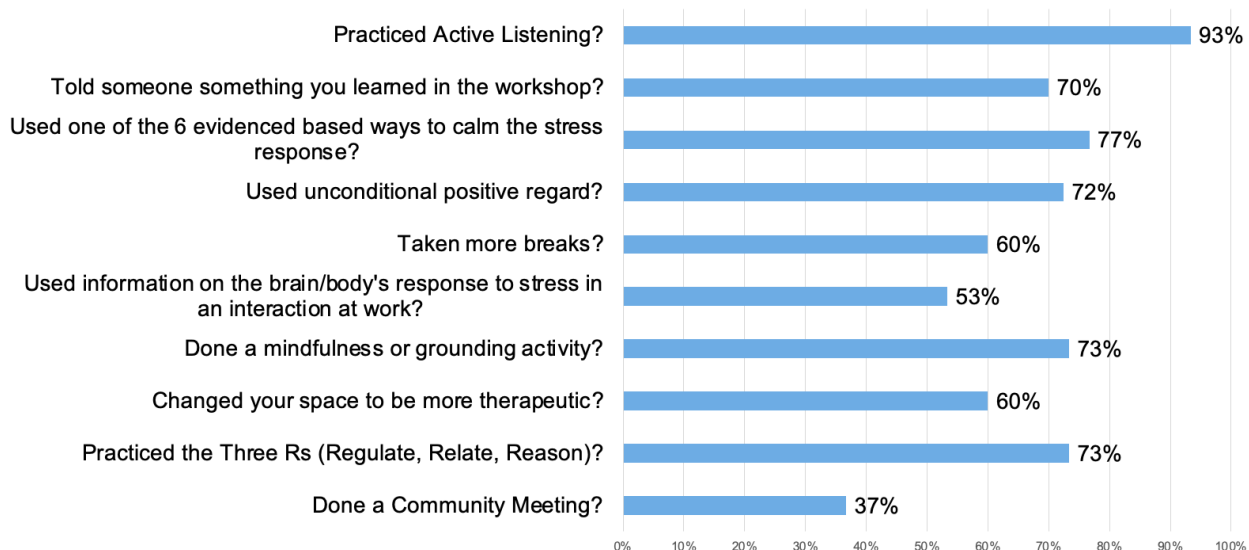
All differences are significant at $p < 0.001$

Practical Skill Application

A follow-up graph highlights how participants have applied specific trauma-informed skills and tools in their professional roles since attending the Healing-Centered Trauma Education workshops. Nearly two-thirds of all respondents reported actively using each of the following practices:

- Practicing the Three Rs (Regulate, Relate, Reason)
- Modifying their workspace to create a more therapeutic environment
- Engaging in mindfulness or grounding activities
- Applying knowledge of the brain and body's response to stress in workplace interactions
- Taking more frequent breaks to support regulation
- Demonstrating unconditional positive regard
- Using one of the six evidence-based techniques to calm the stress response
- Sharing workshop content with others
- Practicing active listening

Notably, 93% of respondents indicated they have used active listening skills since the training. These results suggest strong integration of trauma-informed approaches into participants' professional routines after attending training, reinforcing the practical impact of the workshop content.



Training Feedback

Participants shared thoughtful reflections on what they appreciated most about the Healing-Centered Trauma Education workshops. Their comments highlight the emotional resonance, inclusive environment, and practical value of the training:

- *“The openness and calm, positive atmosphere. Respect for one another.”*
- *“I enjoyed how you stressed that every individual is different and may have different perspectives—based on their own experiences and educational backgrounds. We all need to hear this.”*
- *“I want to thank you for what I learned and what I am trying to apply daily.”*
- *“The staff was professional and made the training interactive. They made it interesting.”*
- *“Realizing I am not alone... we all feel stress and some type of trauma.”*

These responses reflect the workshop’s ability to not just share information but create connection, promote empathy, and support real-world application of trauma-informed practices. In addition to this qualitative feedback, over 50% of respondents indicated they would recommend the training to a colleague—underscoring the relevance and impact of the program within professional settings.

More information

For more information on bringing the Center’s Healing-Centered Trauma Education to your organization, contact Alie Huxta at agh38@drexel.edu.