

## Practising Well Community of Practice

### Caring for people who have experienced trauma

November 24, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca).

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

### General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

### Shared Resources

- What is trauma? (video) - <https://www.psychotherapynetworker.org/blog/details/311/video-when-is-it-trauma-bessel-van-der-kolk-explains>
- A Beginner's Guide to Polyvagal Theory - <https://www.ontariofamilyphysicians.ca/education/practising-well/practising-well-community-of-practice/past-sessions/beginner's-guide-to-polyvagal-theory.pdf>
- Trauma and the Nervous System (video) - <https://www.youtube.com/watch?v=ZdIQRxwT110>
- TIPP Skills Handout - <https://in.nau.edu/wp-content/uploads/sites/202/TIP-Skills.pdf>
- Providing Trauma-Informed Care (AAFP article) - <https://www.aafp.org/afp/2017/0515/p655.html>
- 6 Guiding Principles to a Trauma-Informed Approach (CDC infographic) - [https://www.cdc.gov/cpr/infographics/00\\_docs/TRAINING\\_EMERGENCY\\_RESPONDERS\\_FINAL.pdf](https://www.cdc.gov/cpr/infographics/00_docs/TRAINING_EMERGENCY_RESPONDERS_FINAL.pdf)
- Adverse Childhood Experiences (ACEs) - <https://www.publichealthontario.ca/-/media/documents/a/2020/adverse-childhood-experiences-report.pdf?la=en>
- Benevolent Childhood Experiences (BCEs) - <https://loulebentz.com/wp-content/uploads/2020/05/ACE-Resilience-Questionnaires-Derek-Farrell-2.pdf>
- Trauma-Informed Toolkit - [https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed\\_Toolkit.pdf](https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf)
- PCL-5 Trauma Symptom Checklist - <https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp>
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### Supports

- OMA Physician Health Program - <https://php.oma.org/>
- CAMH Health Care Provider Resource Site - <http://www.camh.ca/covid19hcw>