

Practising Well Community of Practice

Life Beyond Trauma: A discussion on PTSD and trauma informed care

February 22, 2023

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP is one component of the **OCFP's Practising Well Program**. You can reach us by email at 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**.

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

- [Community of Practice](#): Virtual sessions by family physicians, for family physicians. Connect in real time and learn with your colleagues.
- [Information Exchange](#): An easy-to-navigate online repository designed to help you quickly find the information you need.
- [Peer Connect](#): Continue your learning journey and partner with another family physician, one-to-one or in a small group.

General Resources

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

For You

Resource	Type	Link
Trauma as a determinant of health	Article	https://thischangedmypractice.com/trauma-as-a-determinant-of-health/
In Focus: Recognizing trauma as a means of engaging patients	Article	https://www.commonwealthfund.org/publications/2016/jun/focus-recognizing-trauma-means-engaging-patients
The trauma world and the healing world	Article	https://abetternhs.net/2020/01/20/the-trauma-world-and-the-healing-world/
Hamilton Code Red	Article	https://www.thespec.com/news/hamilton-region/code-red.html
Health care of people experiencing homelessness in the United States	Article	https://www.uptodate.com/contents/health-care-of-people-experiencing-homelessness-in-the-united-states
The window of tolerance	Video	https://www.youtube.com/watch?v=nZnJMyNT620
Regulate, Relate, Reason (Sequence of Engagement):	Video	https://www.youtube.com/watch?v=LNuxy7FxEVk

Neurosequential Network Stress & Trauma Series		
This Will Change How You Think About Trauma Dr. Bessel van der Kolk, Being Well Podcast	Video	https://www.youtube.com/watch?v=W_HJPYfukiY&t=3160s
Strengthen Your Resilience During Covid-19	Video	https://www.youtube.com/watch?v=1TPi-WE3KWM&t=2873s
Understanding PTSD	Blog	https://www.psychologytoday.com/ca/contributors/annie-tanasugarn-phd-ccisa
Chronic illness trauma studies	Blog	https://chronicillnesstraumastudies.com/
The Canadian Alliance to End Homelessness	Organization	https://caeh.ca/
Homeless Hub	Organization	https://www.homelesshub.ca/
International Journal on Homelessness Website	Journal	https://ijhomelessness.org/
The Hamilton Hub	Service	https://www.thehamiltonhub.org/

Education

Resource	Source	Link
Peer Connect	Ontario College of Family Physicians – Practising Well	https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect
Caring for people who have experienced trauma	Practising Well CoP – November 24, 2021	https://www.ontariofamilyphysicians.ca/education-practice-supports/events/?&eventID=16

Supports for you and those you care about

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