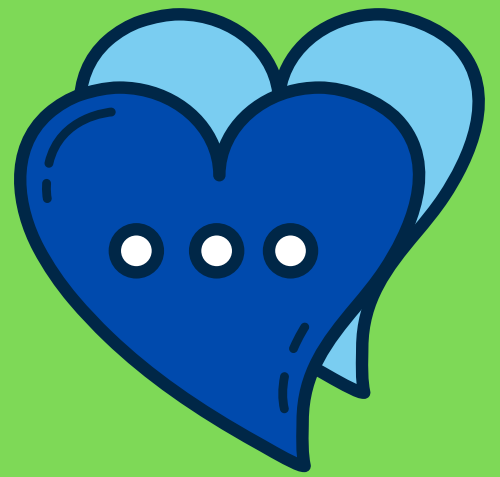


TRAUMA INFORMED TECHNIQUES FOR SPORT PROGRAMS

CREATING SPACE FOR CHECK-INS

Create a space where athletes feel comfortable to identify, modulate and express their internal experiences and feelings.

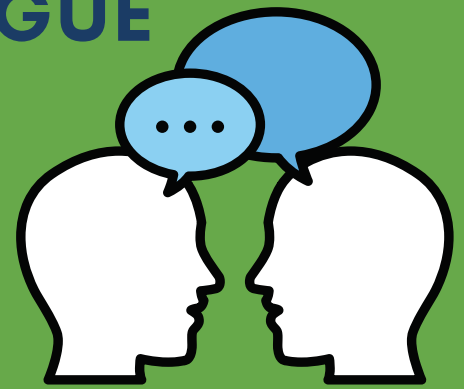


PRACTICE POSITIVE TRADITIONS

This will also help build a team identity and allow individuals feel like they are part of a community and that they feel welcomed and included. Positive traditions could include things like cheers or group warm ups. Traditions should be understood and have shared values.

TRAUMA SENSITIVE DIALOGUE

- C: calming voice
- L: listen deeply
- E: explain how and why you are doing something
- A: ask engaging questions
- R: reduce outside noise



This dialogue should be considered for both practice and game settings, although certain parts will be altered depending on the situation. For example, during a game, to reduce outside noise, you can pull the athlete aside for a one-on-one conversation, or even talk with them outside of the field or gym (away from the game).



INCREASE ONE ON ONE INTERACTIONS

This will allow for the foundation of trust to be built between the players and the coaches and will allow coaches to understand where the athlete(s) are coming from. Coaches will also be able to get to know the players on a personal basis, and establish an inter-personal relationship with them.

References:

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