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Summary Report for Intergenerational Trauma Treatment Model Training  
[www.theittm.com](http://www.theittm.com)

### **Description of the Training Event**

The Intergenerational Trauma Treatment Model (ITTM) was developed 25 years ago by clinician Valerie Copping Psy. D., and since then, has been delivered to hundreds of people working with clients across mental health fields in varying capacities. The model design contains three phases and is caregiver focused, acknowledging that before any particular challenges can be addressed with children, the caregiver is at the center of resolution. Although the program is designed to be completed in succession of Phase A (group session with caregivers), B (individual sessions), and C (sessions with caregivers and children together), there are a variety of exercises and strategies that could be implemented in everyday situations with clients or students. This five-day training opportunity was extremely thorough, and we spent time going through the method step by step, looking at case studies, collaborating with other trainees, and were allotted time for questions and discussion. We participated in many of the activities and homework assignments, just as our clients would do, so that we could get a sense of how each of the activities and sessions would work and also to acknowledge some of the traumas we may have had in our own histories.

### **Relevance of the Training to Research Area**

During my research for the PhD in Health I hope to collaborate with Mi'kmaq communities and learn more about Mi'kmaq children's experiences in the early years of their education. It is unavoidable that with the work I do in schools, as a counsellor, and in community as a researcher, that I would not be working with individuals who have experienced trauma in some capacity. This training provided me with a more in-depth viewpoint and added to the ways in which I will approach my professional work and research. I would like to demonstrate through my research that when assessing Mi'kmaq children in their early years of school the individual experiences of culture, health status, and the impact of intergenerational trauma shape how they should be assessed, and westernized assessments might need to be reconsidered. This training helped to highlight the ways in which an individual or family may be inhibited by intergenerational trauma and what supports could be helpful in the healing journey.

### **Realized/Expected Outcomes**

I am grateful for the funding support of the Kausattumi Grant Program as this training opportunity will aid in every aspect of my PhD research including community engagement and relationship building, project development, methodology, interpretation of findings, and how information is shared. From a professional standpoint, my counselling practice will be enhanced by this training and has provided a new skillset that I can draw from when working with clients and students.

### **Next Steps**

I am currently developing a small-scale research proposal that will incorporate community involvement in each stage. This research will explore what health and wellness and school readiness means from a Mi'kmaq perspective. My work will involve interviewing Elders, parents/caregivers, and educators to share their experiences with healthcare and schooling. As part of the ITTM training I also receive supervisory support in relation to delivering the ITTM, which I would utilize if I facilitate the program, or part of it, in 2020.