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Trauma-Informed Care
in the Perinatal Period

ASTRA: Creating a Training Program on Trauma-Informed Care in the Perinatal Period

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Université du Québec
à Trois-Rivières

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Content Development



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Characteristics of the ASTRA Training

- Online
- Asynchronous
- Duration: approximately 4 hours
- **Free** (or \$25+tax for CEUs)
- Launch: February 11, 2025

ASTRA Training Target Audience

The ASTRA training is intended for *all individuals who provide care and services during the perinatal period*, with a particular focus on pregnancy and childbirth.

- Obstetrician-gynecologists
- Midwives
- Nurses, auxiliary nurses
- General practitioners
- Medical clerks and residents
- Doulas, birth companions, perinatal educators or consultants
- Patient attendants
- Medical ultrasound technologists
- IBCLC lactation consultants
- Occupational therapists
- Physiotherapists
- Anesthesiologists
- Radiologists
- Pediatricians
- Psychiatrists
- Psychologists, psychoeducators, social workers, sexologists
- College or university students from various disciplines (e.g., medicine, midwifery, nursing)

Premises

- **1/3** of expecting parents have been exposed to at least one childhood trauma (Garon-Bissonnette et al., 2022);
- Traumas experienced during childhood can have **consequences on the perinatal care experience and on the relationship with care and service providers** (Berthelot and Garon-Bissonnette, 2022; Leeners et al., 2013; Reeves, 2015; Sexton et al., 2018);
- **Traumas are not always revealed;**
- Trauma-informed approaches are a **response** involving **universal precautions** in order to **resist (re)traumatization** of expecting parents (SAMHSA, 2014; 2023).


Trauma-Informed Approaches


Encourage and promote an organizational culture change process

Neutralize the environment

Understand trauma, its presentation and its prevalence

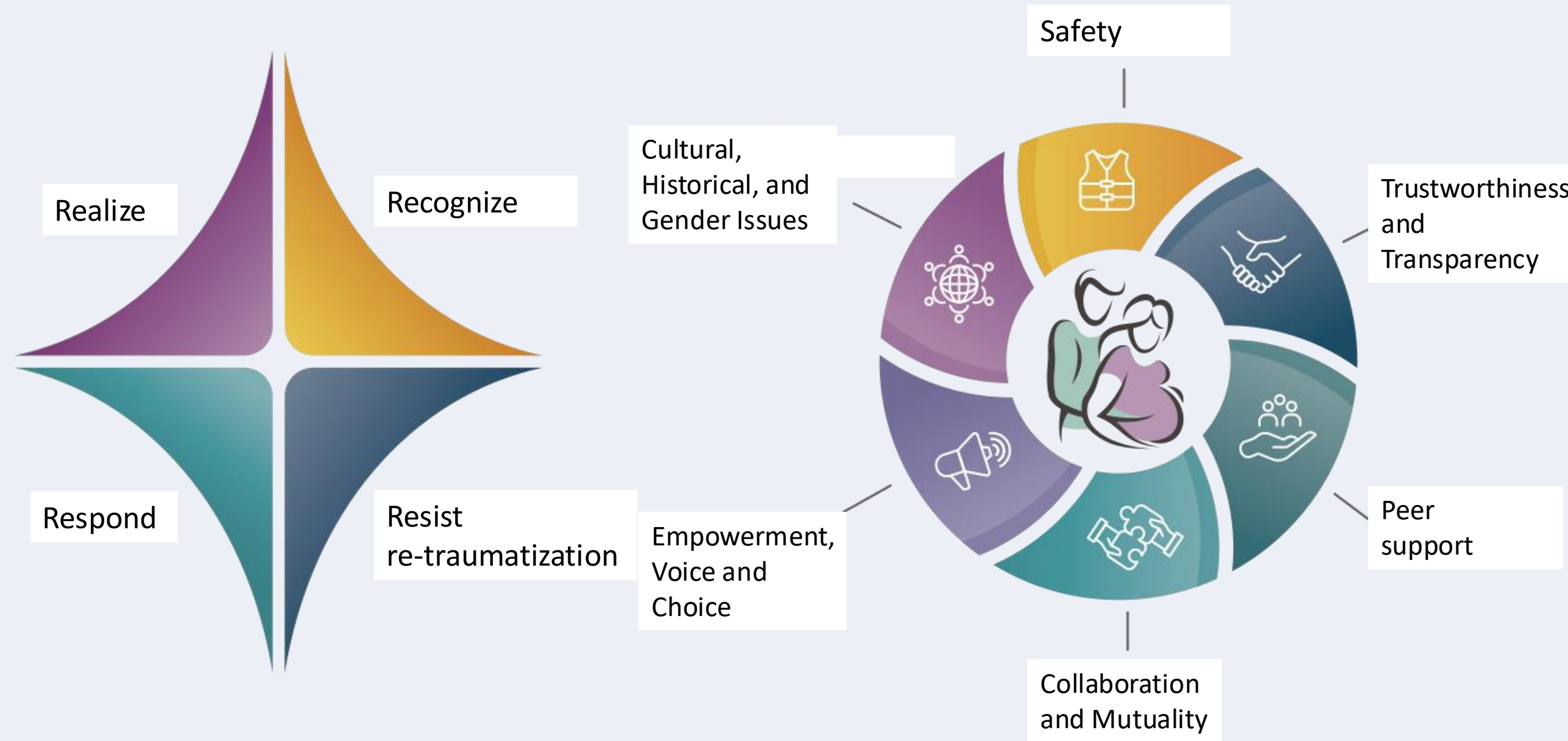
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Trauma-Informed Approaches



The four criteria for trauma-informed approaches: the "4 rs"

The six principles of trauma-informed approaches

ASTRA Training General Objectives

- Acquire **knowledge about childhood traumas** and their **consequences**;
- Understand **how childhood traumas can affect the experience of the perinatal period**;
- Acquire knowledge of **the principles and foundations of trauma-informed approaches** and understand the rationale behind their implementation in perinatal care and services settings;
- **Reflect on ways in which care and services offered in the perinatal period can be adapted** to take into account the [possible] childhood traumas experienced by adults expecting a child;
- Know **how to deal with traumatic reactions and revelations of trauma and prevent (re)traumatization** during care and services.

Educational Methods

- Video clips
- Clinical vignettes
 - Exercises (optional)
- Reflective exercises (optional)
- Readings
- Graphics
- Metaphors/analogies
- Downloadable tools (for both providers and expecting parents) - tools and memory aids/checklists
- Quiz

Practice Support Materials



Approches Sensibles aux TRAUMAS dans les soins et services offerts aux personnes en attente d'un enfant

Distinction entre les approches

sensibles aux traumatismes et les pratiques centrées sur les traumatismes

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Cet aide-mémoire est destiné aux prestataires de soins et de services



Approches Sensibles aux TRAUMAS dans les soins et services offerts aux personnes en attente d'un enfant

Comment agir auprès des personnes

en attente d'un enfant en présence de réactions traumatiques

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Cet outil est destiné aux prestataires de soins et de services en périnatalité



Approches Sensibles aux TRAUMAS dans les soins et services offerts aux personnes en attente d'un enfant

Retraumatisation et déclencheurs traumatiques

dans les soins et services offerts durant la période périnatale

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Approches Sensibles aux TRAUMAS dans les soins et services offerts aux personnes en attente d'un enfant

Plan de soutien

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Cet outil est destiné aux personnes en attente d'un enfant qui reçoivent des soins et services durant la période périnatale



Approches Sensibles aux TRAUMAS dans les soins et services offerts aux personnes en attente d'un enfant

Les quatre critères des approches

sensibles aux traumatismes : les « 4 R »

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Practice Support Materials



astra Approches Sensibles aux TRAUMAS dans les soins et services offerts aux personnes en attente d'un enfant

Les 6 principes des approches sensibles aux traumatismes



(SAMHSA, 2014)

Pour en savoir plus et accéder à la formation « ASTRA » :

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Prise de décision partagée :
l'acronyme B.R.A.I.N.



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Cet outil est destiné aux patients et patientes qui reçoivent des soins et services



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Exercice de la visite à pied



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Ongoing Study

Objectives:

1. Assess the **impact** of the ASTRA training...
 - a. on practices
 - b. on knowledge
 - c. on well-being
2. Explore the **strengths and challenges** that professionals and organizations face in applying the criteria and principles of trauma-informed approaches
3. Evaluate **satisfaction** with the content and learning methods

How?

- *T1 (BEFORE training):*
 - two online questionnaires (10 minutes);
- *T2 (DURING training):*
 - reflective questions (0 to 45 minutes);
- *T3 (IMMEDIATELY AFTER the training):*
 - five online questionnaires (19 minutes);
- *T4: (TWO MONTHS AFTER the training):*
 - three online questionnaires (15 minutes).



Social Media



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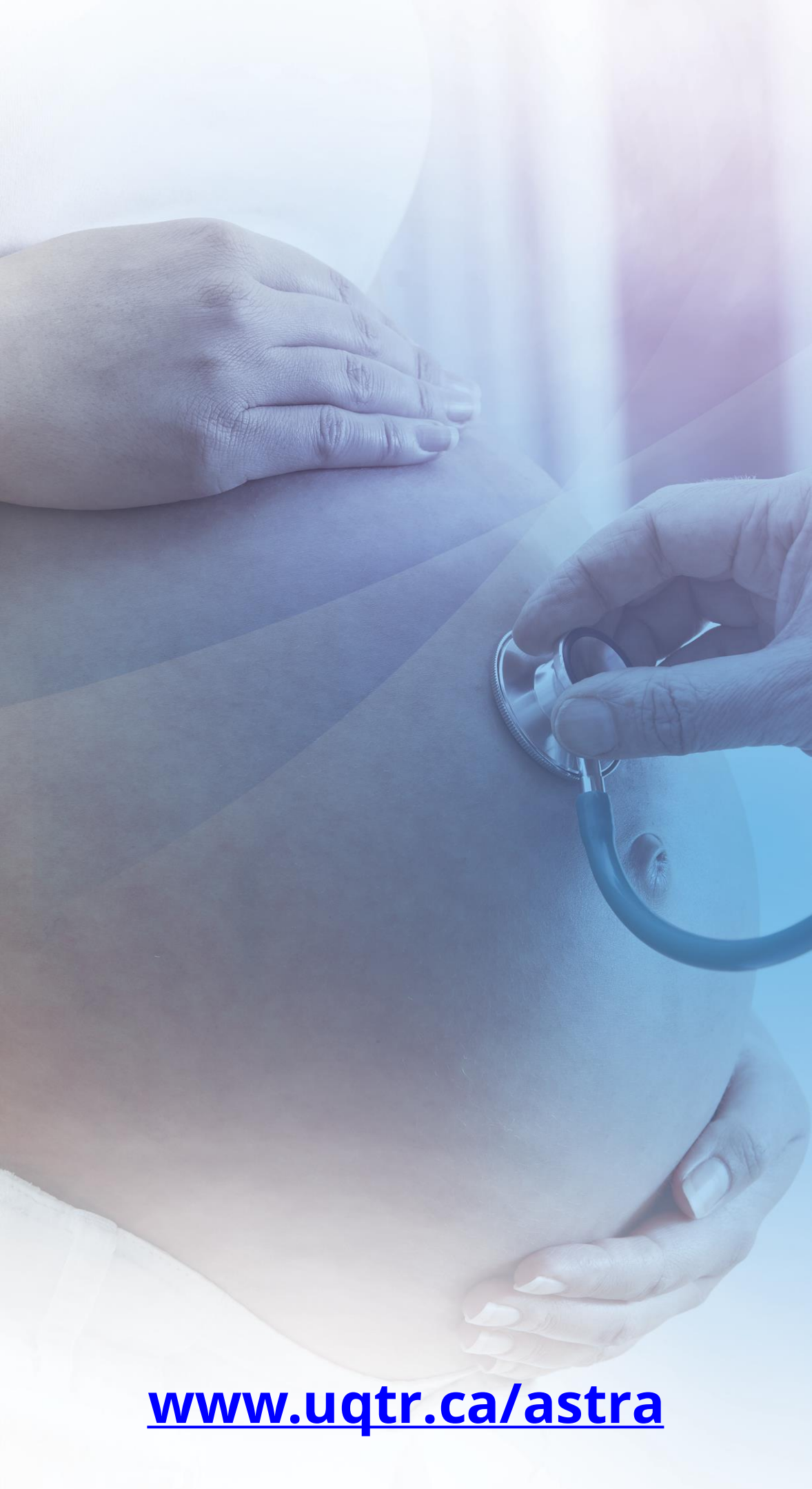
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Next Steps

- Knowledge transfer on social media
- Promotion (e.g., conferences, practice settings, college or university courses)
- Translation of training into English
- Data collection and analysis
- Publications and presentation of results

**Subscribe with your email so that we can notify you
of the launch date for the English version
of the ASTRA training!**

bit.ly/m/astraperinatal



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Thank you!



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Reference:

Grisé Bolduc, M.-È. and Berthelot, N. (2025). *ASTRA: Grossesse et périnatalité*. Projet STEP : Soutenir la transition et l'engagement dans la parentalité. University of Quebec in Trois-Rivières.

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