


Creating a Trauma- Informed Library

by Alex Wedderstrand



Module 1: Trauma 101

The background of the slide features a close-up of a book's pages, which are filled with handwritten text in a cursive script. A solid green rectangular overlay covers the majority of the image, providing a contrasting background for the white text. A thin vertical line is visible on the left side of the slide.

Lesson 1: Who I Am, Why This Training, and What to Expect



About the instructor

Alex Wedderstrand has her master's degree in International Disaster Psychology from the University of Denver, which is a specialty that focuses on trauma psychology and global mental health. She has studied trauma and resiliency for 8 years and has led trainings on trauma-informed care for 7 years. After graduating from the University of Denver in 2021, she worked as an AmeriCorps VISTA at the Denver Public Library, where she came to understand the need for trainings on trauma-informed librarianship in the modern library.

In her free time, Alex is a proud dog mom to Toph, the love of her life. She also enjoys listening to a good podcast, reading, puzzling, hiking, and watching all the K-dramas she can find.



Why this training?



Libraries are filling gaps

Libraries see a high number of
people experiencing trauma

Library staff experience trauma

Training Format



Resources & Additional Learning

LIBRARY WORK HAS A TRAUMA PROBLEM – CAN IT BE
FIXED?

<https://www.alsc.ala.org/blog/2022/07/library-work-has-a-trauma-problem-can-it-be-fixed/>

URBAN LIBRARY TRAUMA STUDY

<https://urbanlibrariansunite.org/ults/>

