Creating a TraumaInformed Library

by Alex Wedderstrand



Module 1: Trauma 101

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



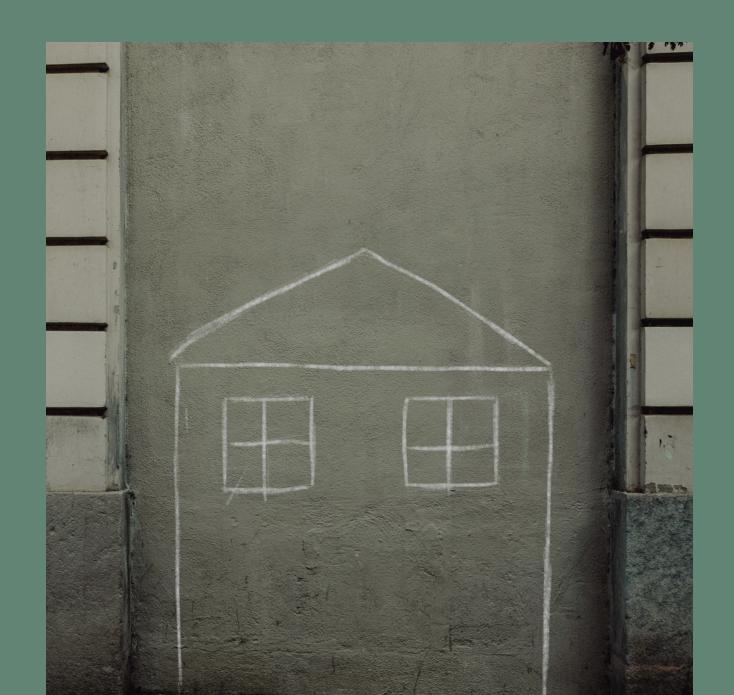


About the instructor

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?

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

URBAN LIBRARY TRAUMA STUDY

https://urbanlibrariansunite.org/ults/

