



Debriefing & Mutual Support | Winter 2025 Schedule

Location:

The Yorkville Royal Sonesta Hotel
220 Bloor Street West, Toronto, ON M5S 1T8

Format: In-Person

Instructor: Diana Tikasz, MSW, RSW

Special Guest: Françoise Mathieu, MEd, RP

DAY 1 | Thu, January 23, 2025 | 8:30am – 4:30pm ET

Morning Session**Broadening the Lens on D/MS**

We explore current literature to identify which practices are most helpful for trauma-exposed workplaces – and which practices may be harmful. We examine the impacts of potentially traumatic events and identify the difference between debriefing, mutual support, reflective & narrative practices, and communities of practice.

Afternoon Session**Building the Scaffolding to Support Your People**

We focus on the structural elements of a D/MS program by examining four foundational principles. Using the Continuum of D/MS Models, we undertake an extensive exploration of tertiary, secondary, and primary support practices. This will help you to understand which models will be best suited to your unique workplace.

DAY 2 | Fri, January 24, 2025 | 8:30am – 4:30pm ET

Morning Session**The Human Element of D/MS**

We focus on the qualities and values that are essential to animating our D/MS structure. We explore specific tools and strategies for facilitation that help to embed these models into the flow of our workday.

Afternoon Session**Creating Your D/MS Program Checklist**

We review the D/MS Program checklist – a comprehensive tool that will help you integrate and apply the content learned in this program. We will assess what D/MS practices already exist, what is most needed, potential barriers, and an action plan to get started.

ONLINE SESSIONS

Online Q&A Session I | Wed February 19, 2025

1:00 PM - 2:15 PM ET

After getting a chance to test out your skills, we reconnect to check-in with one another. How is it going? What worked and where do we go from here?

Online Q&A Session II | Wed April 30, 2025

1:00 PM - 2:15 PM ET

Our final check-in for the program. What are the next steps?



Debriefing & Mutual Support | Winter 2025 Schedule

Location:

The Yorkville Royal Sonesta Hotel
220 Bloor Street West, Toronto, ON M5S 1T8

Format: In-Person

Instructor: Diana Tikasz, MSW, RSW

Special Guest: Françoise Mathieu, MEd, RP

WHAT TRANSPORTATION OPTIONS ARE AVAILABLE?

The training venue is about a 3 minute walk from St George Subway Station. If you are arriving from Pearson airport, you can ride the UP Express from the airport to Union subway station (25 minute ride). Learn more at upexpress.com

WHERE SHOULD I STAY?

Participants can [book accommodations directly at the venue at a special discounted price.](#)

There are also many other hotel options within walking distance including:

- [Park Hyatt Hotel](#) (2 min walk)
- [Kimpton Saint George Hotel](#) (6 min walk)

