

TRAUMA-INFORMED CLINICAL SUPERVISION: CORE PRINCIPLES AND KEY SKILLS

Presenter: Carolyn Knight, PhD, MSW

**Friday, April 3, 2026 ♦ 12:00pm – 2:00pm (ET)
Zoom Webinar**

Despite widespread use of the term trauma-informed (TI) and the fact that many clients seeking or required to seek clinical services have histories of trauma, misconceptions abound regarding what it means to adopt a TI lens in clinical practice. Even less attention has been devoted to understanding the implications of the TI formulation for clinical supervision. In this two-hour workshop, the application of the TI formulation to clinical practice is explained and core skills of TI supervision are summarized. TI supervision is not a new way of working with supervisees. It does, however, have two distinguishing features. First, trauma-informed supervisors understand the core principles of the TI perspective and their implications for clinical practice and supervision. Clinicians cannot adopt a trauma-informed lens in their practice if they do not have supervisors who understand the perspective. Consistent with the notion of parallel process, supervisors also understand how promoting TI principles in supervision models for clinicians the very skills that promote these principles in their practice. Second, supervisors understand the nature of indirect trauma as well as what their role is in assisting supervisees in managing its manifestations. Clinicians inevitably will be impacted by their work with survivors of trauma regardless of whether their work is trauma-focused or centered on clients' current problems in living that reflect clients' experiences with trauma.

Level of Curriculum Content: Beginner

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Carolyn Knight, PhD, MSW, Professor Emeritus, University of Maryland School of Social Work, has been a practicing social worker and social work educator for more than 35 years. Her practice has focused on working individually and in groups with adult survivors of childhood trauma. She also has been teaching generalist and foundation social work practice. Dr. Knight has written about and presented workshops and training courses on trauma-informed conceptualization and its application to clinical practice and supervision. Dr. Knight is co-author, with Professors Alex Gitterman and Carel Germain (dec.) of the social work practice text, *The life model of social work practice*, 4th ed. (2021). She also is the author of two books, *Introduction to working with adult survivors of childhood trauma: Strategies and skills* (2009) and *Group therapy for adult survivors of child sexual abuse* (1996), as well as numerous articles and book chapters on working with adult survivors. Dr. Knight is the co-editor of three additional books: *A handbook of contemporary group work practice: Promoting resilience and empowerment in a complex world* (with G. Greif, 2024), *Trauma-informed supervision in a global context* (with L.D. Borders, 2019), and *Group work with populations at risk*. 4th ed. (with G. Greif, 2016).

PROGRAM OBJECTIVES

By the end of this presentation, participants will be able to:

- Explain the core principles of the trauma-informed perspective and their relevance for clinical supervision
- Describe supervisory skills that model and promote trauma-informed practice, including those that assist supervisees in managing their affective reactions to their work, known as indirect trauma

PROGRAM AGENDA

12:00pm – 12:10pm	Introductions, the way we will work together
12:10pm – 12:40pm	Trauma-Informed (TI) principles and their rationale
12:40pm – 1:10pm	Intersection of the TI perspective and accepted models of clinical supervision
1:10pm – 1:50pm	Supervisor skills that promote TI principles in supervision and assist supervisees in managing their reactions to their work
1:50pm – 2:00pm	Summary and wrap-up

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