



THE UNIVERSITY OF BRITISH COLUMBIA  
School of Social Work  
Vancouver Campus



Continuing Education and Certificate Programs

## Trauma Disclosures in Counselling: Consent Based Skills for Avoiding Re-Traumatization

**Date:** November 21, 2025

**Time:** 9:00 am to 12:00 pm and 1:00 pm to 4:00 pm

**CEU:** 6 hours

**Location:** Virtual – Zoom session\*

**Cost:** \$180

[Registration link](#)

*\*Link will be provided 72 hours before the start*

### **Audience:**

Learners with experience in counselling and/or other clinical practice, including social workers, clinical counsellors and psychologists, who are interested in expanding their skills in working with individuals who have experienced trauma.

### **Description:**

This course will provide you with a skillset to manage trauma disclosure in therapy in a variety of clinical settings and with a diverse range of client populations. This skillset is grounded in a deeper and more nuanced understanding and application of consent in clinical trauma practice. Attaining informed consent is the first principle taught to counsellors, and should be the first item discussed when meeting new clients. Consent is a dynamic, ongoing process that extends beyond discussing the limits of confidentiality. It involves modeling and embodying practices that respect a client's pace, boundaries, and autonomy throughout the therapeutic relationship. Because trauma is so often rooted in violations of consent and bodily/psychological autonomy, practicing consent in an embodied and intentional way becomes essential. This approach supports clients in reclaiming agency, restoring internal boundaries, and reconnecting with their own intuition—key steps in recovering from traumatic experiences.

This framework allows for two essential outcomes:

1. Restoring power and autonomy to the client by supporting their capacity to choose what, how, and when to disclose;
2. Rebuilding connection to internal boundaries and bodily cues that may have been silenced during trauma as a form of self-protection.

### **Learning Objectives:**

By the end of this session, learners will be able to:

- Articulate considerations for assessing if the nature of a disclosure falls within their professional scope of practice and competencies
- Analyze if the timing and conditions are suitable for the disclosure in this counseling relationship
- Demonstrate strategies for supporting clients in reconnecting with their internal boundaries, intuition, and sense of agency
- Explain how to recognize and respond to trauma triggers in both client and clinician
- Employ techniques that support clients in aligning their language with their internal emotional experience
- Develop coping strategies for managing vicarious trauma as a clinician following a trauma disclosure

### **Learning Activities:**

- Lecture / skills teaching
- Skill demonstration- large group
- Small group practice and debriefing

**Facilitator: Nazanin Moghadami, MCP, RCC**



Nazanin is a registered clinical counsellor and community organizer with more than a decade of clinical experience in the field. She has worked primarily in the anti-violence sector with queer, trans, gender diverse and racialized individuals, couples and families. She has collaborated and worked with various organizations such as Trans Care BC, BC CDC, EVA BC, Rainbow Refugee, SASC, CWHWC, and more. She has been involved in training service providers and front-line staff in responding to intimate partner violence in queer and trans relationships, and she has done extensive work in making gender affirming care accessible and available to refugee and newcomer populations.