***Participants in the Equity in Mental Health EDI Series will:***

1. Define trauma informed practices in higher education.
2. Apply trauma informed practices in higher education settings when working with students and staff.
3. Identify and incorporate specific self-care strategies for promoting resilience and maintaining a healthy work–life balance.
4. Define and identify barriers and oppression (individual, institutional and societal/cultural level) and how DEIB and TI practices intersect.
5. Identify institutional supports through a DEIB and TI lens.
6. Validate individual lived experiences as important tools to move through trauma.
7. Examine possible trauma triggers.
8. Develop trauma-informed practices.