

Psychological Safety Training Video Series Discussion Questions

Video 1: Introducing Psychological Safety

- How do you think physical safety and psychological safety are connected?
- How would you describe a psychologically safe work environment?
- Is there a time you have felt psychologically unsafe at work? How did you respond?
- What does psychological safety mean to you?

Video 2: Preparing & Planning for our own Psychological Safety

- What are some clues that could help you identify when you are feeling psychologically unsafe?
- Do you have any worries about situations you will encounter in this job? If so, what are they and how do you think they affect your feeling of psychological safety?
- What are some strategies you can think of to use in situations where you might feel psychologically unsafe?

Video 3: Creating Psychological Safety for our clients & families

- What are some ways you can create psychological safety when interacting with a family?
- How might we know if a child or family is having a trauma response? What might that look like? How could we respond?
- What are some things that might challenge you in creating or maintaining psychological safety for children and families in your day-to-day work?

Video 4: Building Psychological Safety Back Up

- What strategies from the video resonate with you?
- How do you respond to challenging situations at work? What do you do to create your own psychological safety?
- While this work can be challenging, what are some of the reasons you want to do this work? What do you think the rewards or joys of this work are?