



*In a time of restoration and repair after a series of complex compounded traumas (including Covid 19, Black lives matter, climate change, Truth and Reconciliation to name just a few), and in an ever evolving landscape of reparations that are in right-relationship with the harm done, the need for more care for mental wellbeing is clear.*

Trauma-informed care & approach is key. What are the 6 Principles of TIC?

- Safety
- Trustworthiness & Transparency
- Peer Support
- Collaboration & Mutuality
- Empowerment, Voice & Choice
- Cultural, Historical & Gender Issues

**How do you, your team, your production, Arts organization benefit from working with a Mental Health & Trauma-Informed Coordinator?**

- Guidance & consultation for Director/SM/AD in addressing complex needs & create greater psychological safety for actors and for production.
- Smoother rehearsal & production days, saves time and resources.
- Support for Mental health first aid if needed. Aligns with Equity's First Day Talk, Not in Our Space Statement & industry standards.
- Provides education/workshops in trauma sensitivity that can greatly impact workplace and actors performance.
- On call support, resources & consultation from trained mental health counselor to share tools needed for self-care, decrease stress and prevent harm.

Let's collaborate together to cultivate brave spaces for actors to give and do their best



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[www.nicollenattrass.com](http://www.nicollenattrass.com)

Let's collaborate~



[nicollenattrass@gmail.com](mailto:nicollenattrass@gmail.com)



### FAQ (Frequently Asked Questions)

#### When is a Mental Health Coordinator needed in a production?

*Every theatre/film/tv production is unique so needs will vary.*

*A Mental Health & Trauma-informed Coordinator can be needed-*

- to review script and trouble shoot script areas that depict mental health issues, content for potential triggers or require trauma sensitivity.
- make sure there is consent from actors in scenes of vulnerability, including scenes with emotional intimacy, simulated sex, sexual violence or childbirth.
- to facilitate a workshop about consent, psychological safety, address subjects of sensitivity and share accessible ways to cope with mental stress.
- to share knowledge for authentic storytelling for portrayal of mental health.
- to offer support for actors access needs, mental wellbeing care or tools that help actors transition from roles and subject material, ie. de-roling and debriefing.

*Let's collaborate to cultivate brave spaces for authentic storytelling*

### BIO

Nicolle is grateful to live, work and create on the unceded and ancestral territory of the Snaw'naw'as First Nations people. Her expertise is the culmination of two careers that unite her clinical skills as a counselor and 20+ career in the performing arts. She is a Jessie nominated actor (CAEA/UBCP/ACTRA), Playwright (Playwrights Guild of Canada), Dramaturge and Assistant Director. A graduate from UVIC, Acting Specialization. She continues to be active in professional development, completing Phase One with PIP's Launchpad Program as an Intimacy Professional/IC/ID. She is also completing her certification, Level 2 as a Cultivating Safe Spaces Facilitator with Elaine Alec.

She has been a certified Addiction Counselor CAC II in good standing since 2007. She is a Approved Ceu Course Provider with the Canadian Addiction Counsellors Certification Federation and author of *Just the Two of Us* & a featured author in *The Coach's Guide to Completing Creative Work*.

She is a champion for creative self-care, advocate for mental wellness and recovery.



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