

## Yehudis Stokes, RN, MScN, PhD student



Yehudis Stokes is a PhD student at the University of Ottawa and a Registered Nurse at the Children's Hospital of Eastern Ontario (CHEO) in Ottawa. At CHEO, she currently works primarily as a case manager in the neurology clinic, as well as a group facilitator with the outpatient dialectical behaviour therapy (DBT) team. Since graduating with her BScN from UOttawa in 2014, Yehudis has served as an RN for youth and families at CHEO on the mental health inpatient units and on the medical float team. She completed her Master's in Nursing at UOttawa in 2016 with a research focus on exploring nurses' knowledge and attitudes related to trauma-informed care. Her primary research efforts aim to support health care services (including mental health care services) in becoming trauma-informed, and Yehudis is presently a part of the trauma-informed care steering committee at CHEO. Yehudis is concurrently completing her training as an art therapist with the Toronto Art Therapy Institute (TATI) and is offering art therapy services as a practicum student at the Ottawa Centre for Resilience (OCFR). Yehudis' PhD research is focusing on defining and measuring the core trauma-informed principle of 'psychological safety'.