

Impact of Childhood Trauma Program Trainings

Trauma 101: The Impact of Childhood Trauma

This training is an introductory training on trauma. This training discusses the definition of trauma, explaining both acute and complex trauma. This training also describes how traumatic experience impacts brain development in children and how that effects them into adulthood. This training also explores the ACES (Adverse Childhood Experiences) study and how that has influenced the movement to become more trauma sensitive in working with children and families. At the conclusion of the training, there is a brief discussion on addressing secondary trauma as well as the importance of building resiliency in children and families who have experienced complex trauma.

Addressing Secondary Trauma

This training session will introduce attendees to the importance of being aware of how secondary trauma impacts both their professional and personal lives. Attendees will develop a deeper understanding of secondary trauma and other related conditions. Attendees will take a short survey to determine what aspects of their own lives are causing more stress, and will then learn strategies on how to reduce secondary traumatic stress. This training will provide attendees with various self-care activities that can be utilized at an individual, as well as at an organizational level.

Poverty: Cycles of Risk

This training session will allow participants to gain a deeper understanding of how poverty often reinforces other issues, such as exposure to violence, complex trauma, homelessness, and substance abuse and how living in poverty can impact the most vulnerable families in communities we serve. Participants will explore their own attitudes and beliefs about poverty and the people who are identified as living in poverty. Participants will explore the underlying conditions of poverty and how that impacts our communities. During the training, participants will take part in a poverty simulation. Finally, participants will learn and discuss strategies to change these underlying conditions within their community.

Effective Engagement: The Key to Building Resilience in Youth and Families

This training session will provide attendees with effective engagement strategies that can be used to engage youth and families. The training will identify various strategies that can be done on an individual and an organizational level to increase the level of engagement between the professional and the client being served. This training will also challenge attendees to identify barriers to engagement and identify strategies on how to overcome those barriers. This training discusses resistance as a part of engagement and how to overcome resistance. At the end of the training, attendees will learn the concept of resiliency and begin to explore how they can begin building resiliency in the youth and families they are working with.

Building a Road to Resilience

This training introduces attendees to the concept of resiliency and how to build resiliency in the youth and families they are working with. This training challenges attendees to assess their own resiliency traits and begin exploring how their own traits impact their ability to build resiliency in youth and families. This training will define resiliency, and explore domains, characteristics, and traits that are needed in order to build and strengthen resiliency. This training will also identify strategies to build resiliency in outside supports and inner strengths in youth and families.

Understanding ACES: How the Body Keeps the Score

This training introduces attendees to the Adverse Childhood Experiences study that was done in the late 1990's. Attendees will learn about how two doctors came to the findings of the study, and what they were able to conclude due to the study. This training will explore a deeper understanding of brain development, and what types of stress impact healthy brain development. Attendees will learn how adverse childhood experiences impact lifelong physical and mental health. The conclusion of this training will focus on resilience, and how building resilience can negate the negative impacts of adverse childhood experiences.