



Trauma Training

May 12th
via Zoom



Register at:

<https://lakesidelink.com/training/united-church-of-christ-may-2021/>

TRAUMA 101

An Overview of Trauma-Informed Care

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

TOPICS

Safety Plans • TedTalk with Dr. Nadine Burke-Harris
What is Trauma? • Principles of Trauma
Brain Development • Kinds of Trauma
Theory of Everything • Hope • Post-Traumatic Growth
Reframe • Continuum of Sophistication

*50 participants per group. For larger group presentations contact
Beth Hall • bhall@lakesidelink.com*

9:00—11:00 am

**Cost for both
sessions...**

\$30.00

**Registration
limited to
100 persons.**

1:00—3:00 pm



TRAUMA 102

Basic Skills of Trauma-Informed Care

Building on information provided in Trauma 101, professionals expand their understanding of trauma and are provided specific skills that enhance abilities to interact in emotionally and relationally healthy ways with people impacted by trauma. As professionals become trauma-aware, they have a responsibility to prevent, avoid and respond to trauma. In this hands-on, interactive workshop professionals are provided opportunities to implement and practice the skills presented.

TOPICS

Review of 101 • Personal Safety Plans
Dr. Bruce Perry's Regulate-Relate-Reason
HUG (Hear-Understand-Give Back)
RESSQ (Reassure-Explain-Share-Solve-Question)
Application of HUG and RESSQ • Intentional Breathing

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