PSEC, in partnership with Lakeside Global Institute, offer two excellent trainings in one day, on how to deal with trauma (see detailed descriptions below). One in the morning and one in the afternoon, both via zoom.

The cost for both is $30.00.

Registration is limited to 100 individuals.

Register at:  https://psectrauma.eventbrite.com

**TRAUMA 101**

9:00—11:00 am

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:**
- What is Trauma?
- Principles of Trauma Brain Development
- Kinds of Trauma Theory of Everything
- Hope
- Post-Traumatic Growth
- Reframe
- Continuum of Sophistication

**TRAUMA 102**

12:00—2:00 pm

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 Self-Care 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