

PA Care Partnership Trauma Informed Trainings Provided by Lakeside Global

- I. Trauma Workshops | Maximum of 50 participants per workshop Exceptions to the maximum of 50 participants per workshop can be granted on a case-by-case basis if requested.**

Trauma 101: An Overview of Trauma-Informed Care (2-hour workshop)

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 two-hour workshop participants will:

- Enhance and enrich your knowledge of trauma
- Be introduced to the Adverse Childhood Experiences Study
- Discover the basics of brain growth and the impact of toxic stress
- Understand four components of trauma-informed care
- Be inspired by reasons for hope

In this multi-media, interactive workshop, participants will also work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

Trauma 102: Basic Skills of Trauma-Informed Care (2-hour workshop)

Building on information provided in Trauma 101, participants will expand their understanding of trauma and be provided specific skills that enhance their abilities to interact with trauma-impacted people in emotionally and relationally healthy ways. As we become trauma-aware, we have a responsibility to prevent, avoid and respond to trauma as well as suggest trauma-informed therapeutic options.

In this two-hour workshop participants will:

- Recognize the value of Dr. Bruce Perry's 3 R's
- Equip participants with the resources to develop Personal Safety Plans for themselves and others
- Be introduced to a key trauma-sensitive communication skill
- Explore the power and impact of intentional breathing
- Appreciate the definitions of epigenetics and trans-generational legacies

Participants will be provided opportunities to implement and practice the skills presented.

Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers

The emotional and physical cost of being an engaged and empathetic caregiver can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue and burn-out, caregivers are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

In this two-hour workshop participants will:

- Identify and distinguish between the various ways trauma impacts caregivers
- Recognize signs and symptoms of secondary traumatic stress
- Practice self-care exercises

Trauma 105: An Introduction to Trauma for Parents & Caregivers

Parents and Caregivers can play an important role in helping children recover from traumatic events. This workshop is designed to provide parents and caregivers with introductory information about the impact of trauma and the power of relationships to help children heal. The more parents and caregivers understand how trauma effects children, the more they will understand the reasons for kids' behaviors and emotions, and the more they will be able to help them cope.

In this two-hour workshop participants will:

- Develop Personal Safety Plans
- Learn why people behave the way they do
- Gain some basic information about trauma
- Understand Dr. Perry's 3 R's
- Explore three styles of leadership as a Parent or Caregiver
- Relate to key trauma-sensitive communication skills

Trauma 106: An Introduction to Trauma for Youth

Creating safe and supportive environments for youth involves educating youth on why people behave the way they do. Incorporating basic information about the impact of trauma and identifying some basics of brain structure provide the foundation for youth to better understand themselves and those around them. A highly engaging and interactive strengths-based activity assists youth in identifying

their present self and encourages them to set healthy emotional and relational goals for their future self.

In this two-hour workshop participants will:

- Learn why people behave the way they do
- Gain some basic information about trauma
- Identify some basics of brain structure
- Discover positive and future self through strengths activity

II. Intensive Trauma Training

Enhancing Trauma Awareness

First in trauma series

15 hour course (2.5 hours per session) for 15 participants.

We expect to provide a rich and sophisticated exploration of the subject of trauma with an emphasis on encouraging professionals to become highly sensitive regarding the nature of trauma and learning key properties and principles related to it. We anticipate that professionals will gain a heightened awareness and respect with regard to trauma-related behaviors, feelings and the consequences that can extend into relationships, systems and generations as a result of trauma.

Goals for the course include:

- Exploring the nature and related principles of trauma.
- Exploring practical applications of ICAPS (information, concepts, approaches, principles and skills).
- Promoting a passionate sense of urgency with regard to dispersing key principles to those who work with children/adults, parents/caregivers, families and others.
- Encouraging professionals to gain awareness and appreciation for the importance of being self-protective when exploring the subject of trauma and to be advocates for the self-protection of others.

Texts

- Creating Sanctuary (Dr. Sandra Bloom)
- Life After Trauma (Dena Rosenblum and Mary Beth Williams)
- Enhancing Trauma Awareness (Diane Wagenhals)

All materials including textbooks are provided by Lakeside and are included in the cost of the course.

Deepening Trauma Awareness (30-hour course): Second in series of trauma courses

30 hour course (2.5 hours per session) for 15 participants per group.

This course, for which *Enhancing Trauma Awareness* is a prerequisite, is offered over 12 sessions (2.5 hours per session every other week). Participants are encouraged to become more aware of the connections and impact trauma can have with regard to a myriad of related dynamics including attachment, fear, anger, trust, grief, shame, relationships, recovery and healing.

Over the course of the twelve sessions, we hope to impress, inform and inspire participants by:

- Deeply exploring ways to use the information and principles that can empower each of us to be more than Students of Trauma
- Encouraging participants to become clearer about ways to be advocates
- Applying ICAPS when interacting personally and professionally with others who might benefit from trauma-sensitive interactions
- Exploring effective approaches focused on enhancing trauma-sensitive responses such as Listening, Affirming, Teaching and Exploring (LATE)
- Inviting and encourage messages of hope

Texts

- Life After Trauma (continued) (Dena Rosenblum and Mary Beth Williams)
- The Boy Who Was Raised As a Dog (Dr. Bruce Perry)
- Working with Traumatized Children (Kathryn Brohl)
- Neuroscience of Human Relationships (Louis Cozolino)
- Deepening Trauma Awareness (Diane Wagenhals)

All materials including textbooks are provided by Lakeside and are included in the cost of the course.

Applying Trauma Principles (30-hour course): Third in series of trauma courses

30 hour course (2.5 hours per session every other week) for 12 participants per group.

This course, for which both *Enhancing Trauma Awareness* and *Deepening Trauma Awareness* are prerequisites, is offered over 12 sessions (2.5 hours per session every

other week). In addition to continuing to add to each person's knowledge and skills base, participants are given opportunities to apply the research and principles of trauma to real-life situations as they share their own case studies with their colleagues, focusing on ways they are applying trauma principles. Groups then discuss and process the assessments, choices and ways of applying principles each participant shares, further advancing each participant's awareness, sensitivity and abilities to intentionally apply trauma principles in real-life situations.

We anticipate that participants will have the opportunity to:

- Review contents and materials from Enhancing Trauma Awareness and Deepening
- Trauma Awareness
- Prioritize ICAPS needed to effectively apply trauma principles (using ACEing)
- Explore choices trauma-competent professionals have in order to modify ways of communicating with potentially trauma-impacted people
- Integrate some of the basic principles and approaches for understanding relational health and being sensitive to the possible relational needs of trauma-impacted individuals
- Provide multiple opportunities for practicing application of key concepts, approaches and skills
- Define expectations, responsibilities and requirements for LGI's certification as a Trauma-Competent Professional
- Promote confidence and competence

Texts

- Destroying Sanctuary (Dr. Sandra Bloom)
- Neuroscience of Psychotherapy (Louis Cozolino)
- Trauma Through a Child's Eyes (Peter Levine and Maggie Kline)
- Applying Trauma Principles (Diane Wagenhals)

All materials including textbooks are provided by Lakeside and are included in the cost of the course.

Successful completion of all three trauma courses and fulfillment of additional requirements can lead to certification as a Trauma-Competent Professional.