

The Offices of Children, Youth and Families, and Mental Health and Substance Abuse Services have partnered with PA Care Partnership to provide any child welfare professionals in Pennsylvania **FREE** Trauma Training provided by Lakeside Global through **September 30, 2024**, or while funding is available. Available trainings will be offered in-person or live via web-based platform.

DO NOT DELAY for this exciting opportunity, and schedule your trauma trainings now!

For Individuals looking for Trauma Training, there are multiple cohorts for courses and workshops that have been scheduled on specific dates and times.

For Intensive Trauma Training: <https://lakesidelink.com/training/course-registration-dhs-2024/>

For Trauma Workshop Training: <https://lakesidelink.com/training/lgi-trauma-workshops-2024/>

Trainings available include the following:

- Enhancing Trauma Awareness
- Deepening Trauma Awareness
- Applying Trauma Principals
- Train the Trainers
- Trauma-Sensitive Certification
- Processing Pain, Facilitating Healing
- Trauma 101 through 110 Workshops

If you work in a Pennsylvania organization that provides services to children, youth, and families and want to schedule trauma workshops for your organization, please follow the steps below. The PA Care Partnership has limited funding for these trainings, and are approved and provided on a first come first serve basis.

1. Click on this link: <https://www.pacarepartnership.org/community-partners/trauma-informed-training/>
2. Click on the Trauma Workshop Request, which will take you to a brief survey to complete.
3. Submit your survey
4. Someone will be in touch with you to schedule your desired trainings.

Descriptions of workshops and courses can be viewed below labeled “Training Descriptions”

If you have questions relating to any of these trainings, please email: [info@pacarepartnership.org](mailto:info@pacarepartnership.org).

If you already registered for training and did not receive a training link. [Here are your contacts.](#)

Trauma Workshops Contact:	<a href="mailto:bethh@lakesidetraining.org">bethh@lakesidetraining.org</a>
Workshop Schedule Adjustment Contact:	<a href="mailto:bethh@lakesidetraining.org">bethh@lakesidetraining.org</a>
Intensive Courses Contact:	<a href="mailto:phyllisb@lakesidetraining.org">phyllisb@lakesidetraining.org</a>
Looking for your course books contact:	<a href="mailto:cherylm@lakesidetraining.org">cherylm@lakesidetraining.org</a>
Where to send an evaluation:	<a href="mailto:eval@lakesidetraining.org">eval@lakesidetraining.org</a>



# GLOBAL INSTITUTE TRAINING DESCRIPTIONS

\*Tr101 - Tr106 all 2-hour workshops. Tr107 - Tr108 are 4-hour workshops.

All trainings can be offered in-person or virtually. Workshop maximums are 50 participants for in-person and 100 participants for virtual delivery. Intensive courses have a maximum of 16 participants per cohort. For additional information or larger group presentations, please contact Beth Hall at [bethh@lakesidetraining.org](mailto:bethh@lakesidetraining.org)

## Trauma Workshops

### **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.

### **Trauma 101: First Responders**

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. First Responders can be better equipped to meet the needs of those in their community with information that helps them appreciate the complex nature of trauma. With respect for the primary responsibilities of first responders, this multi-media, interactive workshop sheds light on the potential deeper needs of the populations they serve.

*A First Responder is a person with specialized training who is among the first to arrive and provide assistance at the scene of an emergency, such as an accident, natural disaster, or terrorism. First Responders typically include law enforcement officers, paramedics, EMT's and firefighters.*

### **Trauma 101: Health Professionals**

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. Health Professionals can be better equipped to meet the needs of those they serve with information that helps them appreciate the complex nature of trauma. With respect for the primary responsibilities of Health Professionals, this multi-media, interactive workshop sheds light on the potential deeper needs of the populations they serve.

*Health Professionals may provide health care treatment and advice based on formal training and experience. The field includes those who work as medical doctors, physician assistants, pharmacists, medical assistants, nurses, physical therapists, occupational therapists, dentists, midwives, psychologists, or those who perform services in allied health professions. A Health Professional may also be an expert in public health or community health.*

### **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.

### **Trauma 103: Recognizing Vicarious & Secondary Trauma for Professionals**

The emotional and physical cost of being an engaged and empathetic professional can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue and burn-out, professionals 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.

### **Trauma 104: Grief and Trauma**

This workshop offers participants the opportunity to explore the complexities of grief, its many stages, information about how the brain processes grief and loss and healthy and less healthy messages to transmit to a grieving person. Information on how children and teens grieve differently than adults is also included. Participants learn how grief and trauma intersect. There are opportunities to share thoughts, feelings, sensations and memories associated with grieving. Several video clips are shown that enhance and enrich our understanding of the needs of the grieving person and ways to effectively meet those needs. Participants learn the basics of being an effective Grief Processor when supporting someone mourning a significant loss.

### **Trauma 107: Trauma-Informed Cultural Sensitivity**

Enhancing cultural competence and encouraging cultural humility are essential to increasing access and improving the standard of care for traumatized children, families, and communities. Cultural awareness, responsiveness and understanding need to be infused at every level to be effective in addressing the needs of those who have experienced trauma. With both presentation and group interaction, participants will identify forces that contribute to behaviors that build or decrease emotional health in individuals and systems.

### **Trauma 108: Trauma and Racism**

The workshop integrates trauma principles while highlighting the profound impact of racism, offering ideas with regard to the responsibilities of white and BIPOC to actively promote anti-racism and social equality. There are opportunities for individual reflection and constructive conversations among participants to allow consideration of action steps to take as individuals, communities, and a society to challenge and change attitudes, beliefs, and behaviors around race.

### **Trauma 109: Trauma in Pandemic**

We cannot escape the fact that COVID-19 is real and has impacted millions of individuals and systems. The most distressing, lingering symptoms are neurological. In times of fear, stress, uncertainty and loss we can benefit from exploring what has taken place, is going on and may continue in the future. We can benefit from knowing we have been experiencing something together and feel less alone in facing these challenges. This 3-hour workshop explores our shared experiences of the COVID-19 pandemic through trauma lenses to bring meaning from our experiences. Participants appreciate the impact of a pandemic, both positive and negative, and are encouraged to expand their perspectives and skills.

## **Trauma 110: The Impact of Social Media**

This workshop offers participants the opportunity to explore how social media has evolved over time, especially in the last twenty years. Participants are invited to consider both the positive and negative sides of social media, the potential for social media to be addictive, and the role parents and caregivers play in ensuring that children and teens are not emotionally or relationally harmed as a result of their social media activities. Video clips featuring two prominent voices who have written best-selling books on the impact of social media promote enhanced appreciation for the power of social media to be harmful if not carefully monitored and controlled. Participants have opportunities to engage in conversations with each other to inspire greater clarity in their roles as adults as well as appreciation for how they need to be self-aware and self-protective when it comes to their own use of social media.

## **Intensive Trauma Training Courses:**

### **Enhancing Trauma Awareness (15-hour course): First in a series of trauma courses**

Providing 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 is foundational to becoming trauma-informed. Professionals will gain heightened awareness and respect with regard to trauma-related behaviors and the consequences of being impacted by trauma that can extend into relationships, systems, and across generations.

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

This course, for which Enhancing Trauma Awareness is a prerequisite, invites professionals on a journey to become trauma-sensitive while increasing awareness of the connections and impact trauma can have with regard to a myriad of related dynamics. Recognizing the impact of information, concepts, approaches, principles, and skills related to attachment, fear, grief, shame, recovery, and healing, professionals examine and interpret these topics as related to persons impacted by trauma.

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

This course, for which both Enhancing Trauma Awareness and Deepening Trauma Awareness are prerequisites, continues adding to professionals' knowledge and skills base. Professionals are provided opportunities to apply the research and principles of trauma to real-life situations as they share their own case studies with colleagues, emphasizing ways they are applying information, concepts, approaches, principles, and skills provided in this and prerequisite courses. Groups then

discuss and process the assessments, choices, and ways of applying principles each professional shares, further advancing awareness, sensitivity, and abilities to intentionally apply trauma principles in real-life situations.

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

### **Train the Trainers (25-hour course)**

*Prerequisites: Trauma 101 and Enhancing Trauma Awareness.*

Participants who meet course requirements would be certified by Lakeside Global Institute as Adjunct Trainers with authorization to license and present Lakeside Global Institute workshops. Adjunct Trainers are also equipped to facilitate small group discussions. LGI's Train the Trainers course applies the same approaches and techniques provided in the course content. Participants can expect LGI trainers to maintain a high level of integrity with regard to processes of group leadership, management, and facilitation.

## **Processing Pain, Facilitating Healing**

(9 sessions | 22.5 hours)

Prerequisite requirements:

- Enhancing Trauma Awareness and Essential Communication Skills
- OR**
- Enhancing Trauma Awareness, Deepening Trauma Awareness, and Applying Trauma Principles

Every life has its share of pain. Professionals need to be intentional about addressing the pain, grief, and loss their clients experience to be increasingly effective as consultants and mentors. In this nine-session course, professionals working with children, adults and/or families are invited to explore the nature of the many forms pain can take: losses, traumas, deep injustices, loneliness and isolation, unremitting fear, and depression. We will engage in enhancing professionals' approaches and skills to effectively process pain, grief, and loss so that instead of being debilitating, pain, grief, and loss can be effectively addressed, resolved, and healed, often resulting in powerful new insights about life and relationships.