

UNDERSTANDING TRAUMA INFORMED CARE TRAINING

TRAUMA TRAINING WORKSHOP INFORMATION:

WHEN: Friday, June 24, 2011

WHERE: Champaign Public
Library

TIME: 9:00 (registration) 9:30-4:00 (training)

SPEAKERS: From the
National Traumatic Stress Network
(Lunch and Breakfast Provided)

FOR: ANY ONE WHO WANTS TO LEARN MORE ABOUT TRAUMA (Youth, Families, Law Enforcement, Educators, Youth Service Providers, Members of the Family Community, Child Welfare and Juvenile Justice Providers.)

RSVP: 217-819-3544 or by emailing ksimms@access-initiative.org
ACCESS Initiative, 1776 E. Washington St, Urbana, IL 61802

The workshop will focus on why a trauma informed perspective helps us better meet the needs of youth in our community. The workshop will include training on:

- ♦ The fundamentals of trauma theory including arousal and stress mechanisms, brain development, the role of memory, and types of trauma
- ♦ The common outcomes and behavioral sequence of exposure to complex trauma
- ♦ Information about the behavioral and emotional difficulties that affect young people that have experienced complex trauma

The workshop will also provide information about :

- ♦ Trauma Informed De-escalation techniques
- ♦ Best practices for Identifying the needs of youth and families who have been impacted by trauma
- ♦ We will begin some action planning to identify next steps to aid us in being more trauma informed.

Trauma Informed Care is based on research evidence, current clinical perspectives and years of experience with children and young people with complex needs and challenging behaviors.

