

COURSE DESCRIPTION

Childhood Trauma Training for Non-clinicians

Child traumatic stress refers to the physical and emotional responses of a child to events that threaten the life of the child or of someone critically important to the child. Students preparing to become social workers, teachers, counselors and or plan to work with children in other ways are invited to participate in this informative, interactive education program about trauma-informed care and what it means for the health and well-being of children. This educational program was developed and tested in collaboration with FIU College of Education and based on materials from the National Child Traumatic Stress Network.

PREREQUISITES SKILLS PARTICIPANT NEED

No prerequisite skills are needed. However the training is most appropriate for students who might become social workers, teachers, counselors and administrators, as well as non-clinical staff of child-serving organizations.

THE EVIDENCE-BASED RESEARCH

This 4-hour training was adapted from materials developed by the National Child Traumatic Stress Network and California Social Work Education Center in collaboration with the Chadwick Center for Children and Families, Child and Family Policy Institute of California and the California Institute for Mental Health.

LEARNING FACILITATION

The presentation includes PowerPoint, Audio, Video, Lecture, and Small Group Collaborative Exercises.

Objectives – Pre/Post Knowledge Survey will be given

1. Participants will understand the impact of trauma on the development and behavior of children and their adult caregivers.
2. Participants will articulate trauma-informed intervention strategies.
3. Participants will address the safety and well-being of the children they serve.

STUDENT IMPACT

Participants are exposed to various strategies for enhancing a child's well-being and resilience. The training particularly emphasizes promotion of protective factors and the use of trauma-focused mental health services when needed.

CURRICULUM OUTLINE

Childhood Trauma Training for Non-clinicians

- I. Introduction
- II. Definition
- III. Statistics
 - a. US
 - b. Florida
- IV. Types of Traumatic Stress
 - a. Acute
 - b. Chronic
 - c. Complex
- V. Poly-victimization
 - a. Communities
 - b. Families
 - c. Mental Health
- VI. Effects of Trauma
 - a. Biology
 - b. Attachment
 - c. Dissociation
 - d. Cognition
 - e. Self-concept
 - f. Mood Regulation
 - g. Behavioral Control
 - h. Long Term Impact
- VII. Essential Elements of Trauma Informed Care
 - a. Partnering with Families
 - b. Maximizing Safety
 - c. Trauma-Related Needs
 - d. Enhancement of Child Well-Being & Resilience
 - e. Enhancement of Family Well-Being & Resilience
 - f. Partner with Agencies & Systems
 - g. Secondary Trauma
- VIII. Trauma Reminders
- IX. Other Factors Effecting Traumatic Stress
 - a. Support Systems
 - b. Age & Development
 - c. Perception of Danger
 - d. Relationship with Perpetrator

- e. Past Experience
- f. Culture
- X. Child Abuse & Development
 - a. Young Children
 - b. School Age Children
 - c. Adolescents
- XI. Child Welfare Work & Secondary Traumatic Stress