

# Trauma Informed Care 101



## 2020 Dates

- March 11  
Stephen Center
- September 23  
Community Engagement Center

All trainings are held from 9:00am to 4:00pm with a 1-hour lunch

## Description

The purpose of this training is to provide participants with foundational knowledge about trauma and its effect on the brain and body as well as explore strategies that are trauma-informed in working with populations with a history of trauma.

Participants will acquire these skills and elements of trauma informed care:

- Identify the factors and stressors that traumatize individuals and the external symptoms of trauma
- Learn what trauma does to the biology of a human being
- Examine personal experiences relating to dysregulation
- Learn how to cue client reactions as a means of guidance towards healing and recovery
- Recognize social skill development, brain development, and emotional development
- Develop customized concrete processes for healing and recovery

## Target Audience:

All Homeless Serving Agencies, Employees, and Volunteers

**To register**, follow these links:

- March 11:  
<https://www.surveymoz.com/s3/5420232/Trauma-Informed-Care-101-Registration-Form-March-11-2020>
- September 23:  
<https://www.surveymoz.com/s3/5420719/Trauma-Informed-Care-101-Registration-Form-September-23-2020>

