

Free Training on Childhood Traumatic Stress

Learn how adverse experiences affect students and how to become a trauma-informed school

The NYU/KVC Midwest Trauma Training Center is seeking up to four Kansas schools or school districts that would like to offer training on childhood trauma to their employees. The training will be FREE thanks to a generous grant.

The training can be a half day or whole day session and will be provided at the location of your choosing. Dates will be agreed to by the site lead and training staff. In addition to underwriting the training, grant dollars can be used for conference rental space as needed and available. Training must occur by **September 30, 2016**.



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REQUEST A TRAINING

Contact Kelly McCauley at kmccauley@kvc.org by **June 20**.
Schools/districts will be selected on a first-come, first-serve basis.

ABOUT THE TRAINING

This workshop is appropriate for education and counseling professionals to include teachers; school guidance counselors, social workers and psychologists; support staff; paraprofessionals; school nurses; and administrators serving children, youth, and families who have been exposed to adverse experiences. This workshop will present an overview of the impact of childhood trauma on children, youth, families, professionals and schools. There is an emphasis on definitions, prevalence and the complicated emotional, behavioral, cognitive, interpersonal and systemic ramifications of child traumatic stress. Information on interventions will be presented and practiced, as will information on the impact of secondary stress on child and family-serving staff. Recommendations for self-care and strategies for becoming a trauma informed school will be highlighted.

AFTER ATTENDING, PARTICIPANTS WILL BE ABLE TO:

- Summarize the features of childhood traumatic stress and its impact on children, youth, caregivers, and systems.
- Explain the fundamentals of intervention and apply said principles and techniques to daily practice in an effort to support children, youth, families and team members who may be affected by traumatic stress.
- Identify signs of secondary traumatic stress and articulate strategies to mitigate its impact in themselves and their team.

ABOUT THE CENTER

KVC Health Systems and The Child Study Center at New York University's Langone Medical Center have teamed up to create the NYU/KVC Midwest Trauma Training Center. This innovative training center provides expertise to professionals throughout the Midwest, promoting the use of effective trauma treatment and services for children, adolescents and families. KVC collaborated with Dr. Glenn Saxe, Director of the Child Study Center and founder of Trauma Systems Therapy (TST), on the adaptation and implementation of TST throughout its continuum of care in child welfare.

Online opportunities, workshops, and at-home training options are used to train both healthcare professionals and foster family participants. Professionals working in physical and mental health, child welfare, education and juvenile justice systems are welcome to attend seminars.

The NYU/KVC Midwest Trauma Training Center is connected to the National Child Traumatic Stress Network through a grant funded by the Substance Abuse and Mental Health Services Administration. More info online at www.kvc.org/nyukvcseminar.

Half-Day Agenda

8:00–8:30	Registration
8:30–9:45	Impact of Adverse Experiences on Children, Youth and Adults
9:45–10:00	Break
10:00–10:45	Impact of Secondary Traumatic Stress on Staff
10:45–12:00	Practical, Effective Strategies for Educators to Manage the Emotional and Behavioral Challenges of Children in Their Classrooms

Full-Day Agenda

8:30–8:45	Introductions
8:45–9:30	Features of Childhood Traumatic Stress
9:30–9:35	Emotion Regulation Skill
9:35–10:30	Impact of Childhood Traumatic Stress
10:30–10:45	Personal Care Break
10:45–11:45	Tools and Interventions
11:45–12:00	Questions/Comments from morning session
12:00–1:00	Lunch
1:00–2:00	Tools and Interventions (continued)
2:00–2:05	Emotion Regulation Skill
2:05–2:30	Putting It All Together
2:30–2:45	Personal Care Break
2:45–3:45	Secondary Traumatic Stress and Trauma Informed Schools
3:45–4:00	Questions/Comments from afternoon session

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