

Trauma Related Behaviors training helps participants learn how chaos, threat, neglect, and other adversity during development can alter the developing brain and that, in turn, can change the ways children think, feel and act. This training is dedicated to equipping child welfare professionals with the knowledge and tools necessary to effectively support and advocate for children who have experienced trauma and adversity. Participants will understand the major stress-responses we use to cope with perceived and actual threat and the reasons for and range of adaptive symptoms from inattention and distractibility to avoidance and shut-down.

Proposed Objectives

1. **Comprehend the Impact of Adverse Experiences:** Participants will gain an in-depth understanding of how chaos, threat, neglect, and other adverse experiences during a child's development can have lasting effects on brain development. They will explore the neurological and psychological consequences of such adversity.
2. **Identify Stress Responses:** Participants will be able to identify and differentiate between the major stress responses that individuals use to cope with perceived and actual threats. This includes the fight-or-flight response, freeze response, and other adaptive mechanisms for managing stress.
3. **Understand Adaptive Symptoms:** The training will cover the range of adaptive symptoms that children may exhibit in response to adverse experiences. Participants will learn about common adaptive behaviors such as inattention, distractibility, avoidance, and emotional shut-down. This knowledge will help them recognize and address these symptoms in children they work with.
4. **Explore Coping Strategies:** Participants will delve into the various coping strategies that children develop in response to adversity. They will gain insight into the survival skills and coping mechanisms that result from complex and challenging circumstances.
5. **Recognize Complex Behaviors:** The training will provide tools for recognizing and understanding the complex range of behaviors that may result from childhood trauma. Participants will learn to differentiate between maladaptive behaviors and coping strategies, leading to more effective intervention and support.
6. **Promote Resilience and Healing:** The overarching goal of the training is to equip participants with the knowledge and skills to promote resilience and healing in children who have experienced adversity. This includes developing trauma-informed practices, implementing appropriate interventions, and providing a safe and nurturing environment for children to recover and thrive.