

CHILDREN & YOUTH WHO HAVE EXPERIENCED TRAUMA *training*

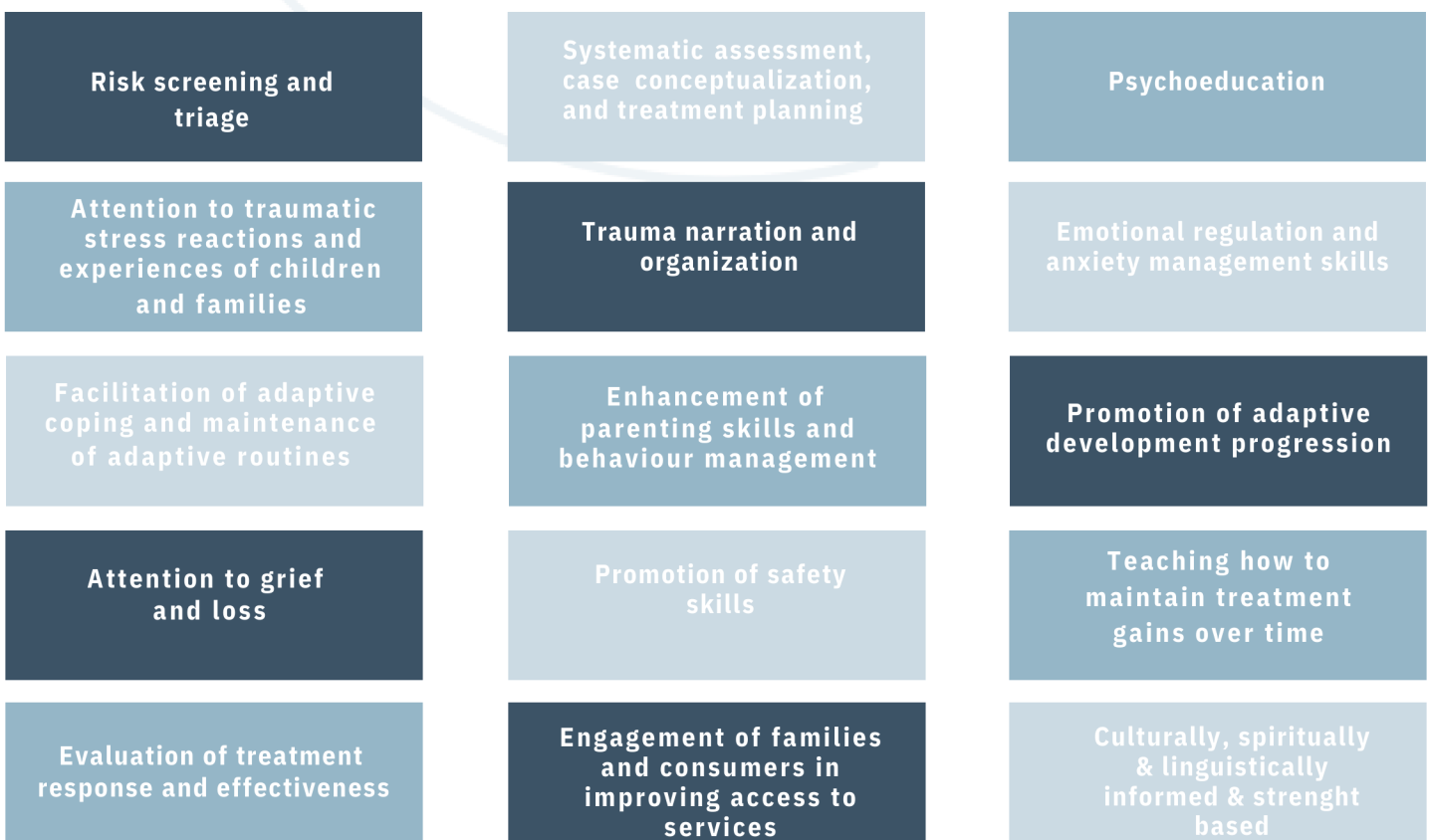


GENERAL DESCRIPTION

A traumatic event is any experience that overwhelms the body's ability to cope. However, trauma also does not occur in a vacuum. It is influenced by multiple systemic, relational, cultural, political, and contextual elements. Trauma will mean different things to different people and different communities at different times. Therefore the impact and consequences of trauma vary and they are broad, complex, linked, layered and interwoven (Karen Treisman). There is unquestionable value assigned to understanding how a child/youth and their family has been impacted by their experiences of distress. There is also significant research that demonstrates (1) childhood trauma is common, and (2) there is a connection between early adverse childhood experiences and adult onset of chronic disease. The long-term economic costs of child abuse in Canada are estimated to cost billions of dollars per year to manage its impacts on a judicial, social, education, health, employment, and personal level. It is well worth a community, organization or professional's investment to learn how to provide specialized, substantial and timely treatment support to children, youth, and families.

BEST PRACTICE GUIDELINES

There are many specialized trauma treatments for children and youth, yet no one model or approach will work for all children. [The National Child Traumatic Stress Network](#) has developed "core components" of interventions which include:



Design credit: Allison Swanson

CHILDREN & YOUTH WHO HAVE EXPERIENCED TRAUMA *training*



PREREQUISITES

Advanced clinical training requires prerequisite knowledge and experience that is generally attained in a graduate level program or equivalent work experience. This training is geared to professionals who are able to practice the controlled act of psychotherapy. It is assumed that participants will have a basic understanding of the foundational theories to do this work, inclusive of child and adolescent development, attachment theory, trauma and resiliency. It is important to note that the field of trauma and the developments in neuroscience are continually informing our understanding of the impact of adverse experiences on all areas of functioning.

TRAINING SERIES OFFERINGS

The Clinical Collective has developed a number of modules that can be delivered as part of the training series. As training is uniquely designed for an agency or community, the purpose of the training will determine the length. A list of the program offerings is provided at the initial consultation. The potential module offerings for trauma include:

Trauma Informed Care	Foundational Theories	Comprehensive Trauma Assessments
Conceptualization & Formulation	Developing Individualized Treatment Plans	Safety & Stabilization
From Dysregulation to Regulation	Resolving the Trauma	Moving through Trauma Treatment
Working with Parents	Creative Interventions	Healthy Sexuality Treatment Consolidation
Unpacking Masculinity & Gender Issues	Closure, Integration & Treatment Consolidation	Mitigating Risk of Burn Out & Vicarious Trauma

Design credit: Allison Swanson