County of San Diego
Children’s System of Care Training Academy

Presents

Trauma Informed Parenting

**Presenter:** Rachel Young, IMF

**Date:** June 8, 2017

**Time:** 8:30 AM – 4:30 PM

**Location:** The Academy for Professional Excellence
6505 Alvarado Road, San Diego, CA 92120,
Suite 107, Room 205

**Target Audience:** Counselors, family and youth support partners, therapists, case managers, teachers, social workers, probation officers, and other individuals working with children, youth, and families.

**Course Description:** Are you looking for new ways to help caregivers parent in a trauma informed way? Do you find that the families you work with are hesitant to try the strategies you provide? This workshop uses lecture, videos, and experiential activities from Positive Discipline and The Whole Brain Child, as well as research on ACEs and resiliency that will help caregivers to reframe how children’s behaviors are viewed so that they can intervene in a trauma informed way, improve behavior, and enhance parent-child relationships. The course focuses on improving emotional literacy in both children and caregivers, shifting caregiver lens to a growth mindset, creating connection to diffuse power struggles, educating families on the effects of trauma and toxic stress on brain development and behavior, and identifying caregiver responses that influence resilience.

**Learning Objectives:**
Upon completion of this course, participants will be able to:

- Implement at least 3 Trauma informed interventions with caregivers and children
- Identify and discuss caregiver responses that influence resilience
- Help caregivers identify and highlight child and family protective factors
- Educate caregivers about the effects of trauma and toxic stress on brain development and behavior

**REGISTRATION:** BHETA LMS registration If you do not already have an account in the LMS you will need to open an account. Please see Creating an Account on our website for more details. Accounts take 1-2 business days to access. Email bheta@mail.sdsu.edu if you have any questions. This training is FREE of charge.

**CONTINUING EDUCATION:** This course meets the qualifications for 7 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0818, and CAADE Provider # CP10-906-CH0320 for 7 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 3-5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the CE Grievance Procedure.