

Foundations of ACEs Science and Trauma-Resilient Practices

Trainers: [Gabriel Núñez-Soria](#) and [Dana Brown](#)

Course Code: BH0308



CHILDREN, YOUTH AND FAMILY
SYSTEM OF CARE
TRAINING ACADEMY

Course Description

The findings of the Adverse Childhood Experiences (ACE) study and ACEs science (epidemiology, neurology, biology, epigenetics, and resilience-building) demonstrate the importance of understanding how trauma affects our overall health and wellbeing. In this virtual training, participants are encouraged to reflect on their own relationship to trauma, resilience, and deepen their understanding of relationships and resilience as a key to building healthy working environments.

The foundational Trauma-Resilient Educational Communities (TREC) Model themes of relationships, (self-love & compassion, mindfulness & meditation, equity, inclusion & cultural humility, and growth mindsets & intrinsic motivation) are introduced and woven throughout the training experience, building practical experiences and applications of trauma-resilience. The TREC Model and process is introduced to demonstrate a practical set of processes, practices, and tools to create a trauma-informed and trauma-resilient healing-centered, equity-focused community and institutional model.

The TREC Model advances trauma-resilient education, improving individual and organizational health, through healing-centered relationships and practices built upon equity, mindfulness, and growth mindsets.

See Page 2 for Training Outline

Audience

Counselors, peer support partners, therapists, case managers, caregivers, educators, social workers, and other individuals working with children, youth and families.

[Click Here](#) to log into the LMS and Register

Registration: If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education: This course meets the qualifications for 3 hours of continuing education credit for LMFTs, LCSWs, LPPCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPPCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-38-98-0822, and CAADE Provider # CP40 906 CH 0323 for 3 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

December 8, 2021
9:00 am to 12:00 pm

Location: Live Virtual Training
This training will be conducted via [Zoom](#)

Learning Objectives

Upon completion of this training, participants will be able to:

- Discuss Adverse Childhood Experiences (ACEs) science and trauma
- Describe the intergenerational transmission of trauma
- Describe the intergenerational transmission of resilience
- Identify the purpose and intended results of trauma-resilient practices, programs, and strategies
- Discuss the Trauma-Resilient Educational Communities (TREC) Model and Framework



We create experiences that transform the heart, mind and practice.



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Educational Goal: To improve behavioral health service delivery by developing skills to recognize and reflect on the relationship of trauma and resilience, and of relationships and resilience.

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Time

Activity

9:00-9:15 am

Access Zoom, welcome and introductions

9:15– 10:15 am

ACEs Questionnaire (anonymous)

The five types of trauma

Intergenerational transmission of trauma and resilience

The impact and experience of stress on the brain and body

10:15-11:15 am

Maslow’s Hierarchy of Needs and wellness

Compassion fatigue and secondary traumatic stress

Key systems for promoting resilience-building

The benefits of meditation and mindfulness

11:15-11:45 am

Trauma-Resilient Educational Communities (TREC) Model

Healing-centered, equity-focused services and support

11:45 am-12:00 pm

Tips and resources, final thoughts and questions

Closing remarks, post-test, evaluations

*Please note: In order to receive completion and credit/CE’s, you must have your video camera on for the duration of the training