

Welcome to

THE TRAINING WILL BEGIN SHORTLY

While you're waiting...

AN INTRODUCTION TO CHILD TRAUMA

Introducción al trauma infantil



Icebreaker Question (answer in the chat)

If you could spend a week anywhere in the world this summer, where would it be?



Survey & Certificate of Completion

Available following the training.

CEUs available for LCSWs, LMFTs, LPCCs, and LEPs

CONNECT WITH US!



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SPANISH INTERPRETATION AVAILABLE!

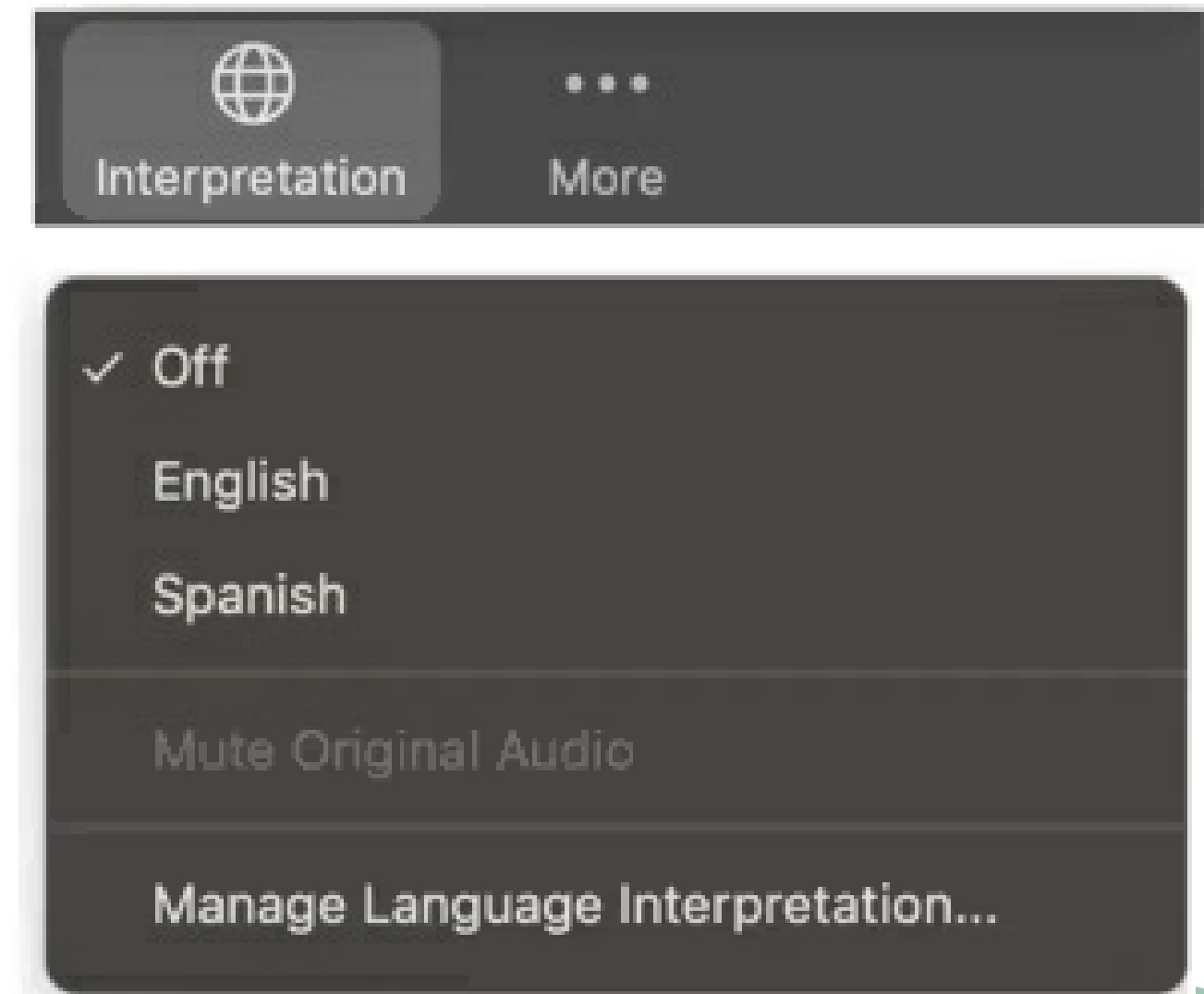
INTERPRETACIÓN AL ESPAÑOL DISPONIBLE!

Today's training will be in both English and Spanish.

La capacitación de hoy será en español y inglés.

Click the "Interpretation" icon in your toolbar;
select "Spanish."

*Seleccione el ícono "Interpretation" de las opciones al
debajo de su pantalla. Elige la opción "Spanish."*



Hi, We're CalTrin!

Who we are

- The California Training Institute
- Funded by the State of California, Dept. of Social Services, Office of Child Abuse Prevention (OCAP) to support child abuse prevention through professional development and extended learning opportunities.
- Designed for staff of family strengthening and child abuse prevention organizations in California, including Family Resource Centers, Child Abuse Prevention Councils, community-based organizations, and other child and family serving systems.

What we offer

- Live webinars & small group training
- Virtual, self-paced courses
- Job aids & other resources



UPCOMING TRAININGS

mark your calendars!

Visit caltrin.org to view and register for upcoming webinars or workshops



August 13 | Nurturing Parent & Child Development



August 21 | Protective Factor: Parental Resilience



August 22 | Yes to Partnerships for Youth Behavioral Health!



August 27 | Adapting Evidence-Based Practices to Meet Your Community's Needs



August 29 | Understanding Your Role in Creating a Trauma-Informed Environment



September 10 | Introduction to Motivational Interviewing

Before We Begin...

DURING



Access notetaking slides now!
The link can be found
in the chat.



Review interactive features for
today's session. Locate the
controls on the toolbar at the
bottom of your screen.



This presentation is
being recorded.



External AI assistants are not
allowed in CalTrin trainings due
to California privacy laws.

AFTER



Complete the survey to receive
your Certificate of Attendance.
CEUs available for LCSWs,
LMFTs, LPCCs, and LEPs.



A follow-up email will be sent to
all participants within
two days.



An Introduction to Child Trauma

Presenter: Melissa Bernstein, PhD



Melissa Bernstein, PhD

Evidence-Based Practices
Rady Children's Hospital-San
Diego

- Advancing California's Trauma-Informed Systems (ACTS)
- Research centers around supporting systems in planning for, implementing, and sustaining Trauma-Informed change that aligns with best practice and science



An Introduction to Child Trauma

Melissa Bernstein,
PhD

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen”

-Elisabeth Kubler-Ross

Types of Trauma

Natural

- Illness
- Accidents
- Loss
- Death
- Natural Disasters



Human Made

- Violence
- Abuse



Acute Trauma



Complex trauma



Chronic trauma



Historical Trauma



Which form of child trauma is most prevalent?

- a. Physical Abuse
- b. Sexual Abuse
- c. Neglect



True or False

Children are most likely to be abused
at the hands of a stranger?

Which age group is most at risk for maltreatment?

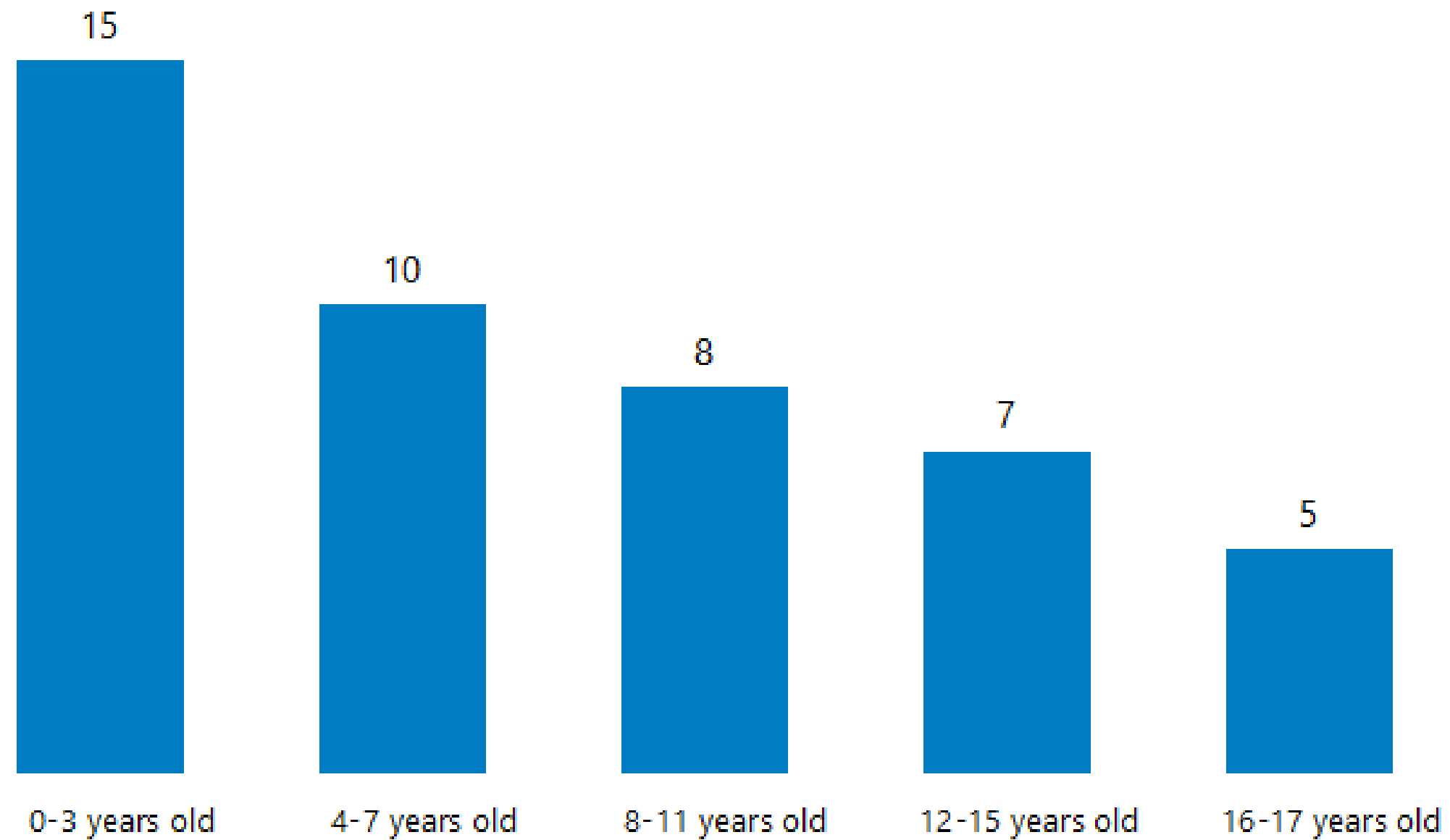
a. 0–7yrs

b. 8–15yrs

c. 16–17yrs

Trauma Trends

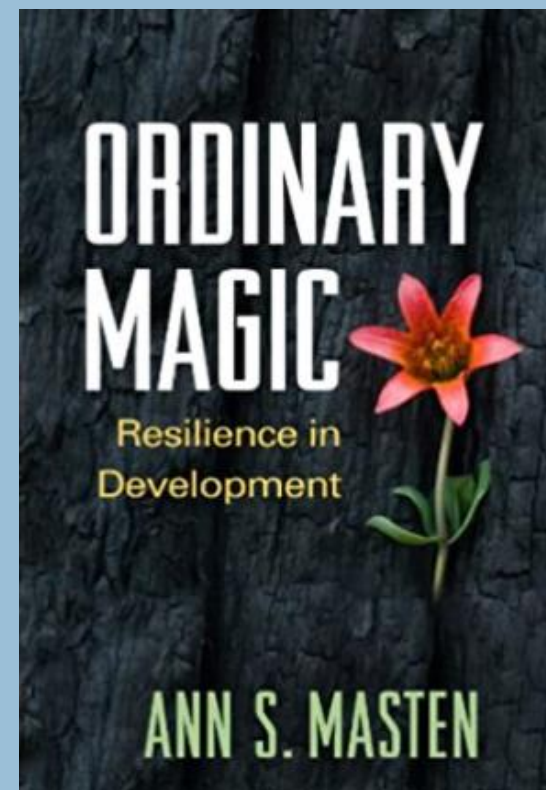
Child Maltreatment* Rate (Unique Victims per 1,000 Population), by Age: 2017



Who Develops Post Traumatic Stress?

1. Risk Factors

1. Resilience







Emotional Impacts

- Anger
- Shame
- Fear
- Sadness
- Anxiety
- Numbing



Behavioral Impacts

1. Avoidance



2. Hypervigilance



3. Negative Mood



4. Re-experiencing



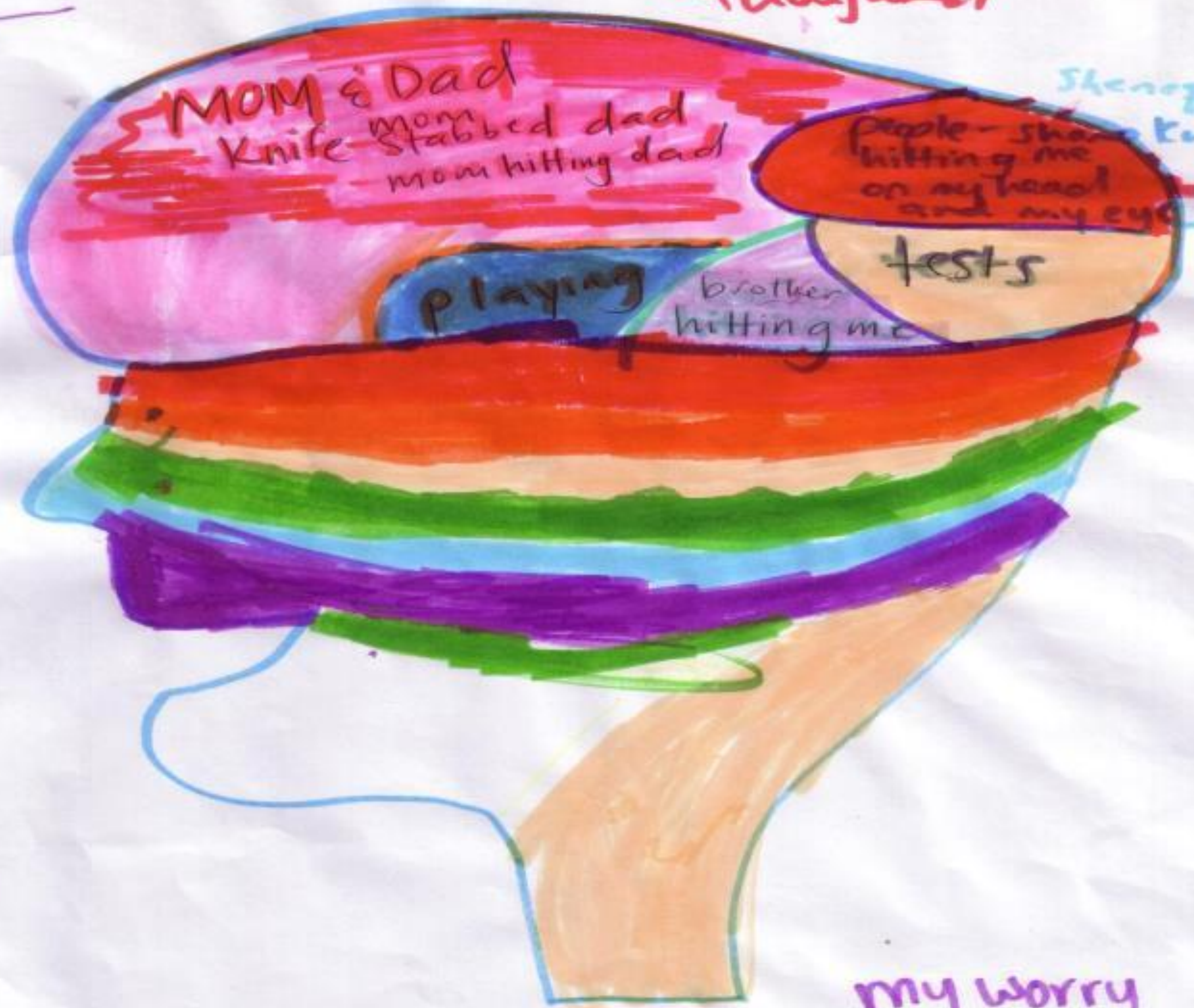
Cognitive Impacts

- Inaccurate Beliefs
- Distrust
- Distorted Self-Image
- Negative view of world and future



8/29

- a million
- thousand



shenogony
kwa

my worry
brain

FLIPPING your lid



FLIPPED LID



CALM MIND

Relational Impacts

- Isolation
- Trouble developing healthy relationships
- Violence/Aggression
- Sexualized Behaviors



Responding to Child Trauma

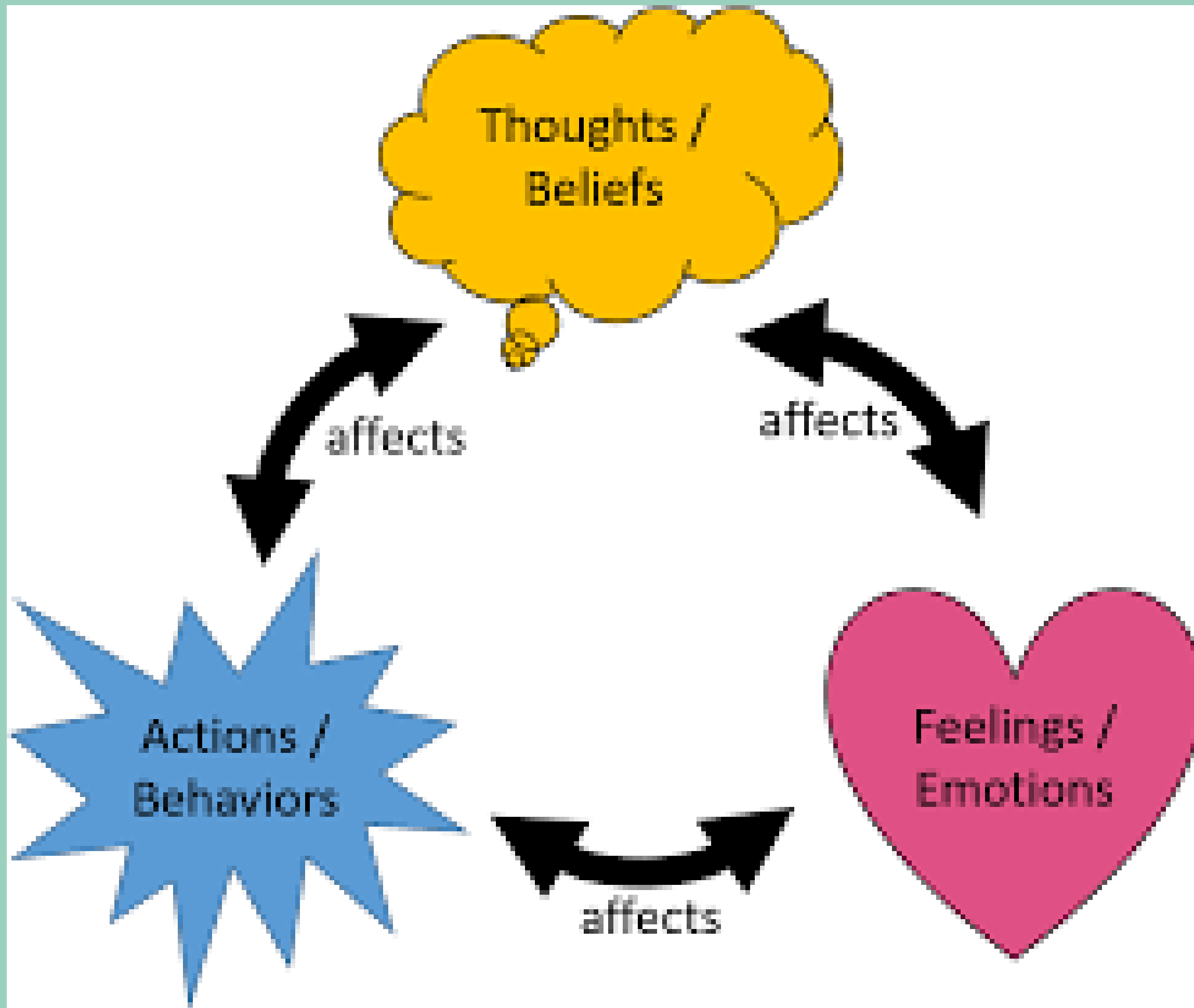


~~What is wrong
with you?~~

What
happened to
you?

How might we
support you?





Practical Applications

- **Predictability**
 - Describing your role and how the day will unfold
- **Choice**
 - Asking permission, offering options
- **Self Efficacy**
 - Setting small, achievable goals



Practical Applications

Job Aid available

- **Hope**
 - Normalize & Validate
- **Safety**
 - Provide information, education,
 - Creating a sense of calm



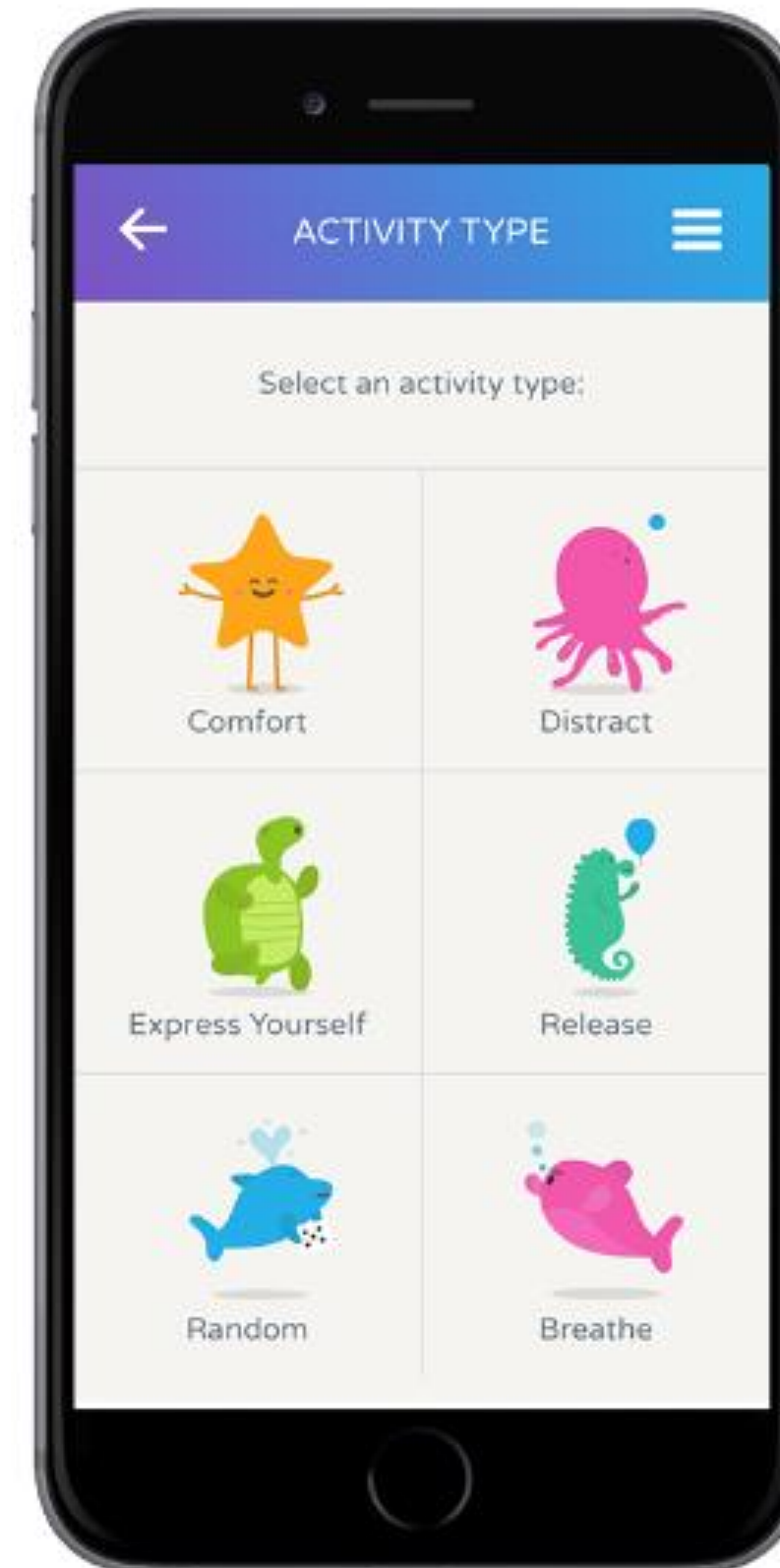
Safety Apps



HELP KIDS COPE



SAFE SPOT

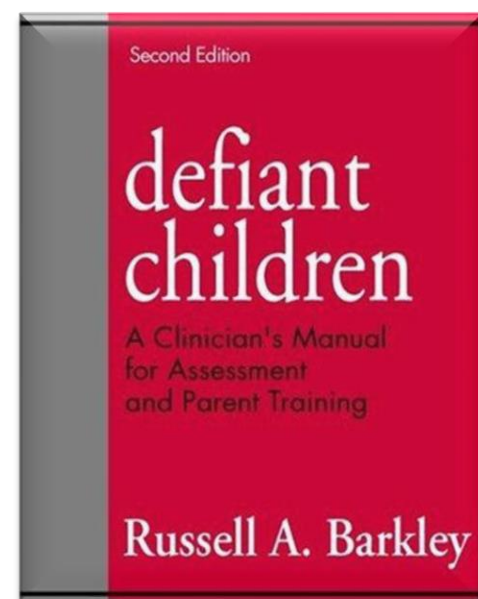
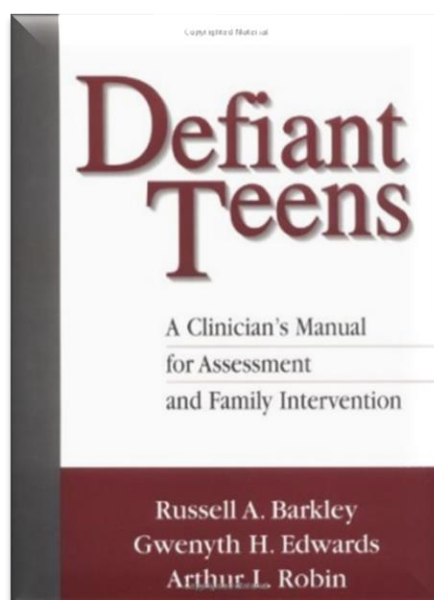
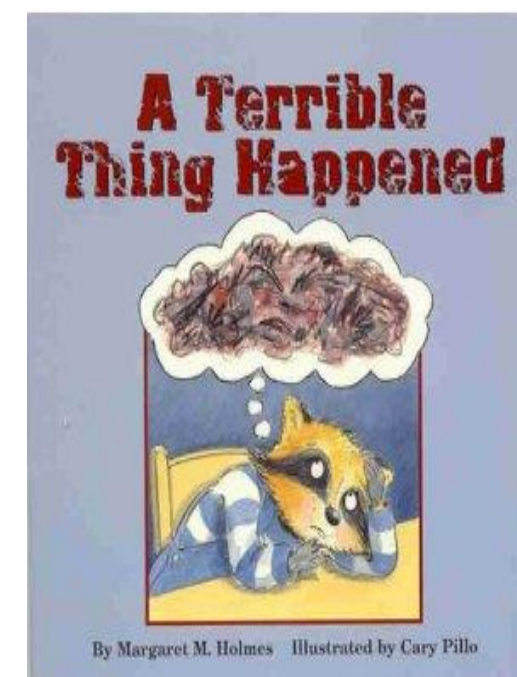
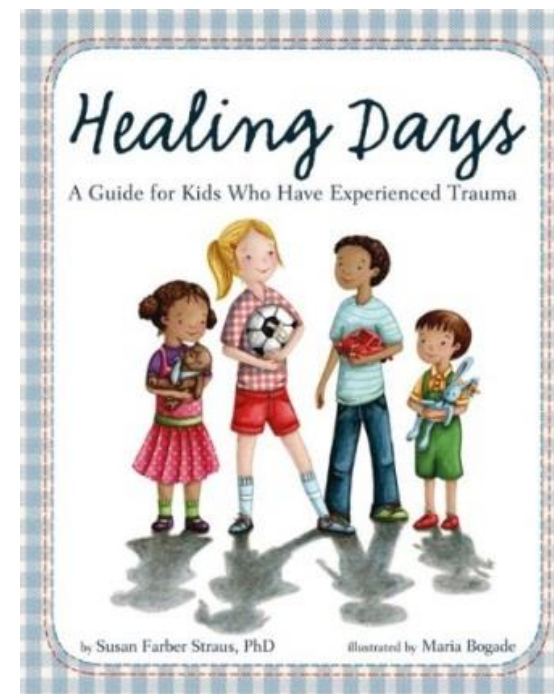
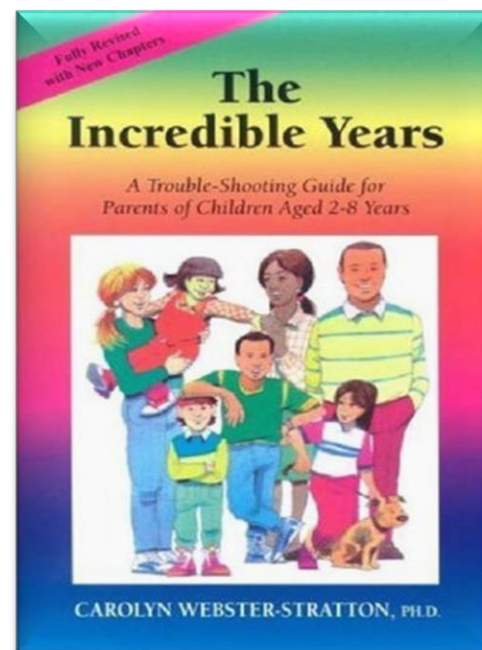


CALM HARM



My3

Resources for Caregivers



<https://www.apa.org/pubs/magination/441B114-note-to-parents.pdf>

<https://www.actsproject.com/>



“As I’ve been able to go out and share my story I’ve come to a point in my life that I can say although I would never wish it upon myself, and I certainly never would wish it upon someone else, I’m grateful for what has happened to me, because of what it has taught me, because of the perspective its given me, and the empathy I have for others”

About 3,020,000 results (0.66 seconds)



My story | Elizabeth Smart | TEDxUniversityofNevada - YouTu...

YouTube · TEDx Talks



Melissa Bernstein
mbernstein1@rchsd.org

Thanks for joining us!

WHAT'S NEXT?

- Survey and certificate in the chat now
 - LCSWs, LPCCs, LMFTs, and LEPs – complete additional survey section to receive CEUs
- Follow-up email with resources within two days
- Watch your inbox for the next issue of *CalTrin Connect*



STAY CONNECTED FOR MORE FREE TRAINING & RESOURCES!

