


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

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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 icono "Interpretation" de las opciones al debajo de su pantalla. Elige la opción "Spanish."



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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



This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CEBC/CalTrin and do not necessarily reflect the views of the California Department of Social Services.

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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

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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 CaTrin trainings due to California privacy laws.

AFTER



- Complete the survey to receive your Certificate of Attendance. CEUs are available for LCSWs, LMFTs, LPCCs, and LEPs.
- A follow-up email will be sent to all participants within two days.

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An Introduction to Child Trauma

Presenter: **Melissa Bernstein, PhD**

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CALTRIN
California Training Institute

Speaker SPOTLIGHT

- 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

Melissa Bernstein, PhD

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

RCHHD is not responsible for the creation of content and any views expressed in its materials and programming.

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An Introduction to Child Trauma

Melissa Bernstein, PhD

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“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

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What is Child Traumatic Stress?

- Witnessing or experiencing an event that poses a real or perceived threat
- The event overwhelms one's ability to cope



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Types of Trauma

Natural

- Illness
- Accidents
- Loss
- Death
- Natural Disasters



Human Made

- Violence
- Abuse



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Acute Trauma



Complex trauma



Chronic trauma



Historical Trauma



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Which form of child trauma is most prevalent?

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



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True or False

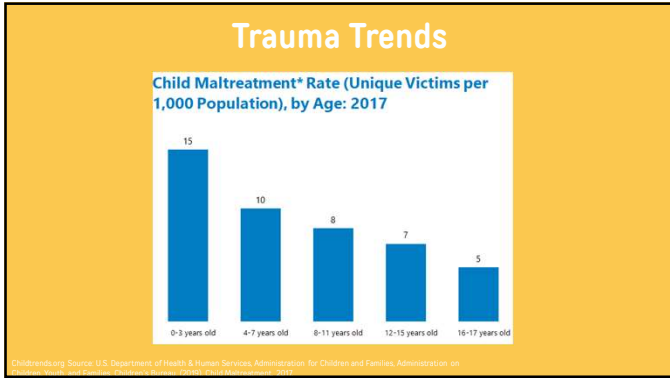
Children are most likely to be abused at the hands of a stranger?

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Which age group is most at risk for maltreatment?

- a. 0-7yrs
- b. 8-15yrs
- c. 16-17yrs



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Who Develops Post Traumatic Stress?

1. Risk Factors
1. Resilience



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Emotional Impacts

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

Illustrations of a child with a sad face and a woman covering her face in distress.

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Behavioral Impacts


1. Avoidance
2. Hypervigilance
3. Negative Mood
4. Re-experiencing

Illustrations of a person sitting alone, a person walking, a person looking sad, and a person with a thought bubble.

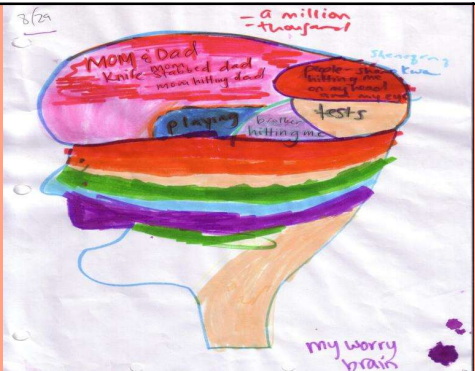
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Cognitive Impacts

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




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FLIPPING your lid




<https://www.asst-edu.org/recognizing-stress>

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Relational Impacts

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

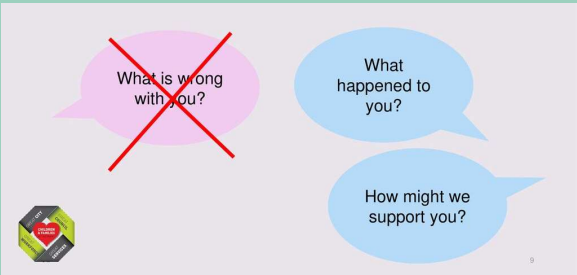


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Responding to Child Trauma




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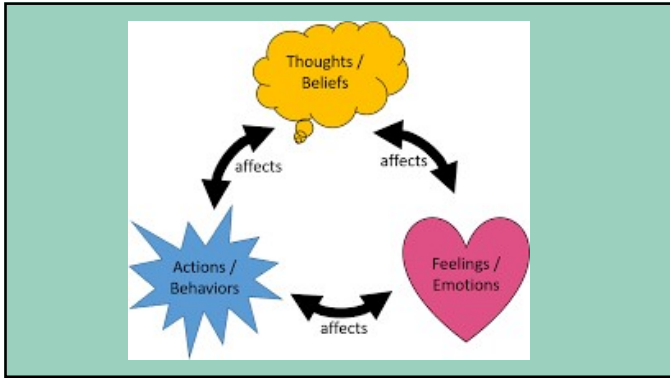
~~What is wrong with you?~~

What happened to you?

How might we support you?



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Practical Applications

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




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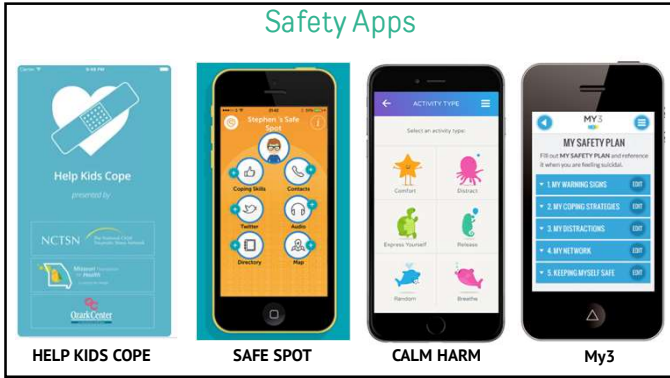
Practical Applications

Job Aid available

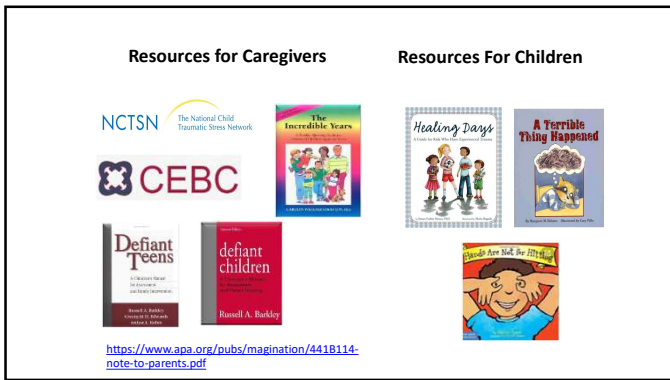
- **Hope**
 - Normalize & Validate
- **Safety**
 - Provide information, education,
 - Creating a sense of calm



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"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"



My story | Elizabeth Smart | TEDxUniversityofNevada - YouT...
YouTube TEDx Talks

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Melissa Bernstein
mbernstein1@rchsd.org

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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*



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