

Introduction to Trauma Informed Care

Workshop Provided by:



How does trauma affect health and social outcomes?

Current research shows a high percentage of individuals are exposed to trauma and toxic stress. Trauma can undermine a person's ability to learn, form relationships and function in society.

People impacted by trauma are much more likely to:

- experience serious health issues
- attempt suicide
- experience depression
- become an alcoholic
- have serious job problems

Creating a culture of trauma-informed practices

That which can be predicted can be prevented! When we are aware of the influence of socio-environmental experiences on brain development and functioning, we are more likely to interact in appropriate and helpful ways. We are then more likely to be able to help interrupt cycles of trauma and promote the health and success of individuals, organizations and communities.

In this workshop, participants will learn about:

- The effects of toxic stress and adverse experiences on brain and nervous system development.
- The long-lasting implications of historical trauma on individual and family well-being.
- The key findings of the Adverse Childhood Experience (ACE) Study.
- How to interact with and support children and adults who have experienced Adverse Childhood Experiences in ways that build and strengthen their resiliency.

Workshop Details

Time Frame: 2 to 3 hr. presentation

Target Audience: administrators, parents, all staff in health, human service, law enforcement and criminal justice agencies.

No prerequisite training or knowledge required

Questions? Contact Peacemaker Resources:

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