

### Trauma 101: An Overview of Trauma-Informed Care

This 2-hour introductory course provides:

- Education on **trauma principles, definitions, research findings**, and **potential impacts**
- Information on **brain development** and the effects of trauma on brain structure
- Information on how each of us can do our **"PART"** to develop a trauma-sensitive and trauma-informed philosophy, and better address/prevent negative long-term impacts of trauma
- Education on **evidence-based interventions** and **available resources** for those who have been impacted by trauma or adverse life experiences
- Reframe and hope for **post-traumatic growth** and resilience

**\*We also offer specialized versions of this course for First Responders and/or Health Professionals\***

### Trauma 102: Basic Skills of Trauma-Informed Care

This 2-hour training focuses on trauma-awareness and sensitivity by expanding on the concepts of:

- **Self-care planning** for personal safety and emotional well-being
- **Regulation** and the 3 R's
- Trauma-sensitive **skills** for practical use
- **Trauma-informed interventions** that may assist individuals with regulation and management of emotions/reactions
- Effective **response tools** that can promote positive and healthy interactions with others
- **Action Plans** that allow participants to consider ways they can use/apply this information moving forward

Participants must have completed Trauma 101 as a prerequisite to this course.

### Trauma 109: Trauma in Pandemic

This 3-hour workshop explores:

- Our shared experiences of the **COVID-19 pandemic** through **trauma lenses** to bring meaning
- Understanding the **impact** of a pandemic, both positive and negative
- The fact that the pandemic is something we have experienced together, and we can **come together** to face challenges

### Trauma 110: The Impact of Social Media

This 3-hour workshop explores:

- How **social media** has evolved over time
- The **positive and negative sides** of social media
- The potential for social media to be **addictive**, and the power of social media to be **harmful if not carefully monitored and controlled**
- The role parents and caregivers play in **ensuring that children and teens are not negatively impacted by social media**
- The need to be **self-aware and self-protective** when it comes to the use of social media

If you are interested in **attending** a training, or **scheduling a group training**, please contact **Heather Flanagan at:**  
**[hflanagan@blairhealthchoices.org](mailto:hflanagan@blairhealthchoices.org)**

All of the available trainings were developed by Lakeside Global Institute



# Free Trauma Trainings in Blair County

Blair County  
System of Care

Blair County System of Care is offering **free trainings** in order to provide education and awareness of **mental health trauma** and its potential impacts.

These trainings are appropriate as **entry-level** overviews for anyone who may be interested in the topics for personal or professional growth, awareness, and/or education.

There are **no prerequisites or minimum education requirements** for participants.

**\*PA Social Work CEUs** are available for all of the trainings listed upon request.

### Training Facilitators:

Ryan Hollen, MS, BSL  
Heather Flanagan, LPC, NCC

#### Trauma 103: Recognizing Vicarious & Secondary Trauma

This 2-hour course provides further education and information surrounding:

- The concept of **vicarious (secondary) trauma**
- Identifying and distinguishing the **potential impacts** of vicarious trauma
- Recognizing signs and symptoms of **compassion fatigue** and **burnout**, encouraging **self-assessment**, improving **self-awareness**
- Practical skills and self-care exercises that promote **overall wellness**

#### Trauma 104: Grief and Trauma

This 3-hour workshop explores:

- The complexities of **grief**, its many **stages**, how the **brain processes** grief and loss
- How **children and teens grieve differently** than adults
- How **grief and trauma intersect**
- Understanding the **needs** of a grieving person, ways to effectively meet those needs
- The basics of **being an effective Grief Processor**

#### Trauma 105: An Introduction to Trauma for Parents & Caregivers

This 2-hour course provides parents & caregivers with information about the impact of trauma and the power of relationships to help children heal. Participants will:

- Develop **Personal Safety Plans**
- Gain some basic information about **trauma** and how it can impact an individual's **behaviors**
- Understand **Dr. Perry's 3 R's**
- Explore **three styles of leadership** as a parent/caregiver
- Develop key **trauma-sensitive communication skills**

#### Trauma 106: An Introduction to Trauma for Youth

This 2-hour workshop educates youth on:

- Why people behave the way they do, helping youth better **understand themselves and those around them**
- The **impact of trauma**
- Basics of **brain structure**
- Identifying the youth's **present self** and encouraging them to set healthy emotional and relational **goals for their future self**

#### Trauma 107: Trauma-Informed Cultural Sensitivity

This 4-hour course provides information on:

- **Cultural competence** and **cultural humility** to increase access and improve the standard of care for traumatized children, families, and communities
- **Cultural awareness, responsiveness, and understanding** that are necessary to meet the needs of those who have experienced trauma
- Identification of forces that contribute to behaviors that influence **emotional health** in individuals and systems

#### Trauma 108: Trauma and Racism

This 4-hour course provides information on the subject of racism with a focus on:

- Defining basic components of **racism**
- **Implicit Bias** and the Neuroscience of Bias
- White Privilege, Colorism and Microaggressions
- The **Intersection of Trauma and Racism**
- Reasons to have **Hope**
- Constructive, Critical and Courageous Conversations
- Integrating trauma principles to highlight the **profound impact of racism**
- **Action steps** to take to challenge and change attitudes, beliefs, and behaviors around race