



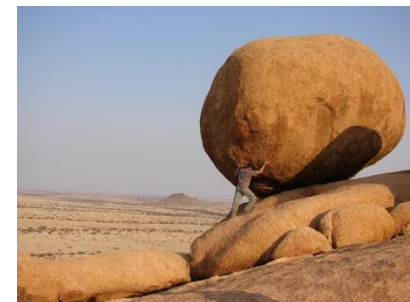
# An Introduction to Child Trauma

Presenter: Melissa Bernstein, PhD



# 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

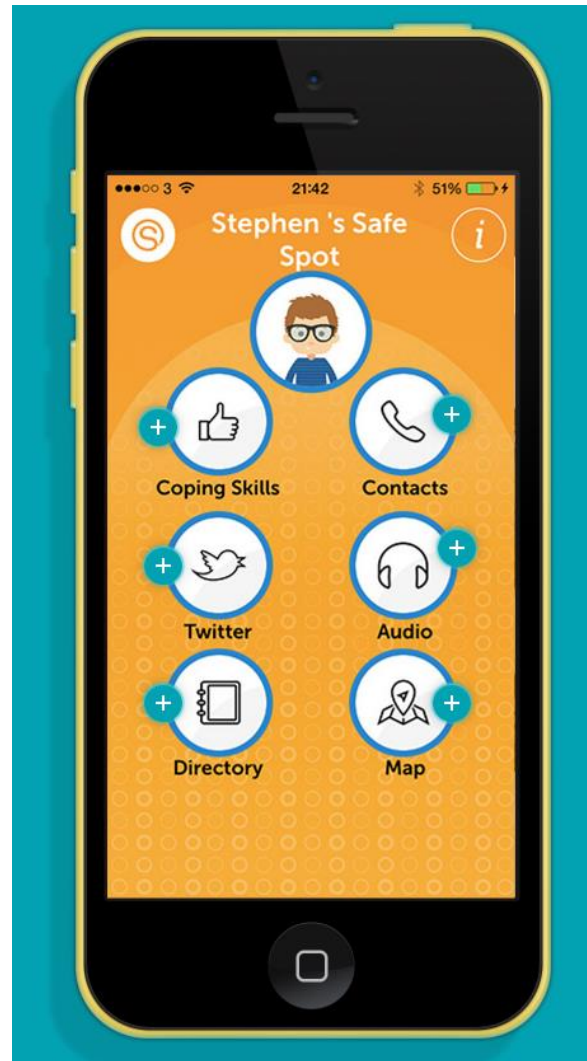
- **Hope**
  - Normalize & Validate
  
- **Safety**
  - Provide information, education,
  - Creating a sense of calm



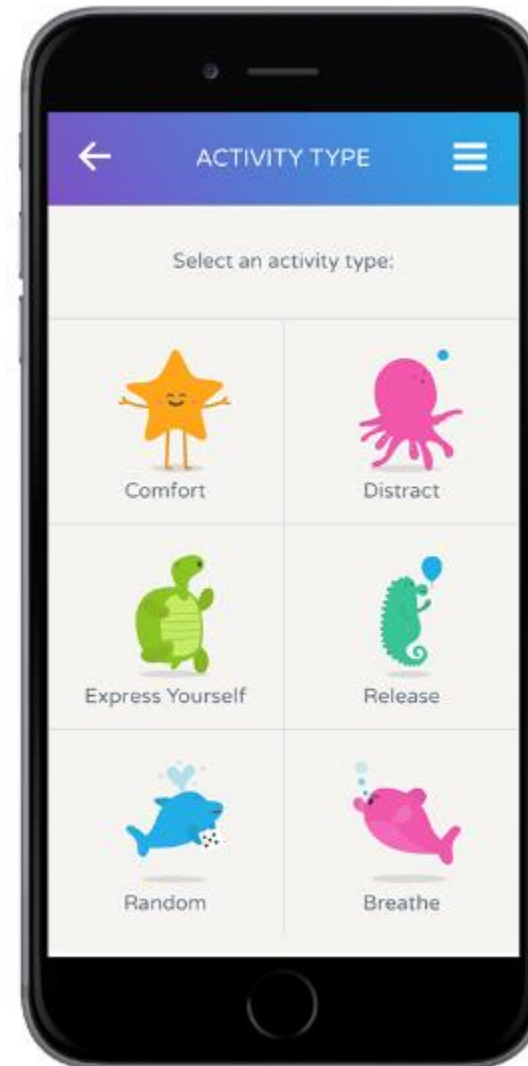
# Safety Apps



HELP KIDS COPE



SAFE SPOT

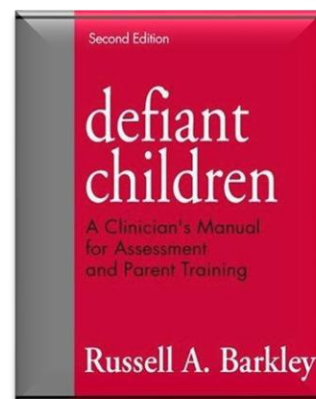
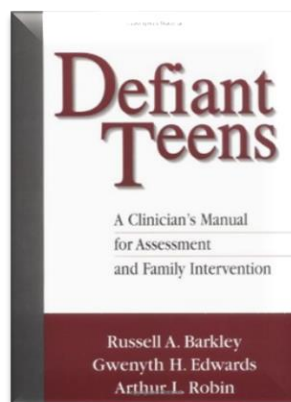
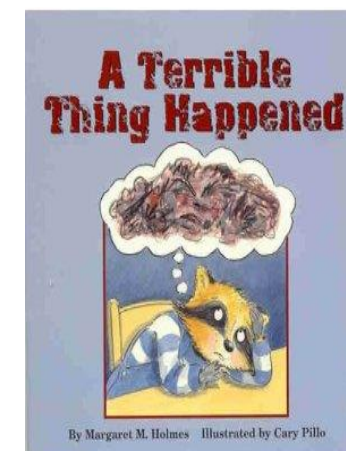
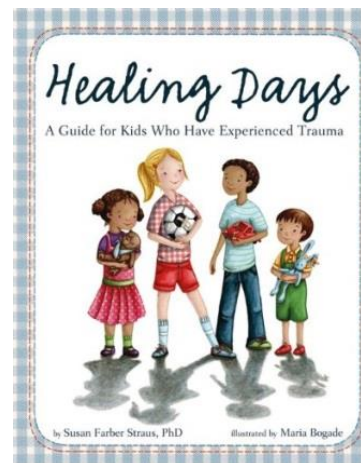
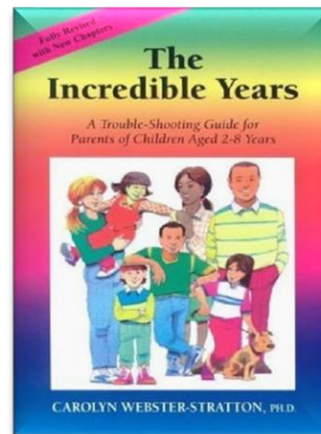


CALM HARM



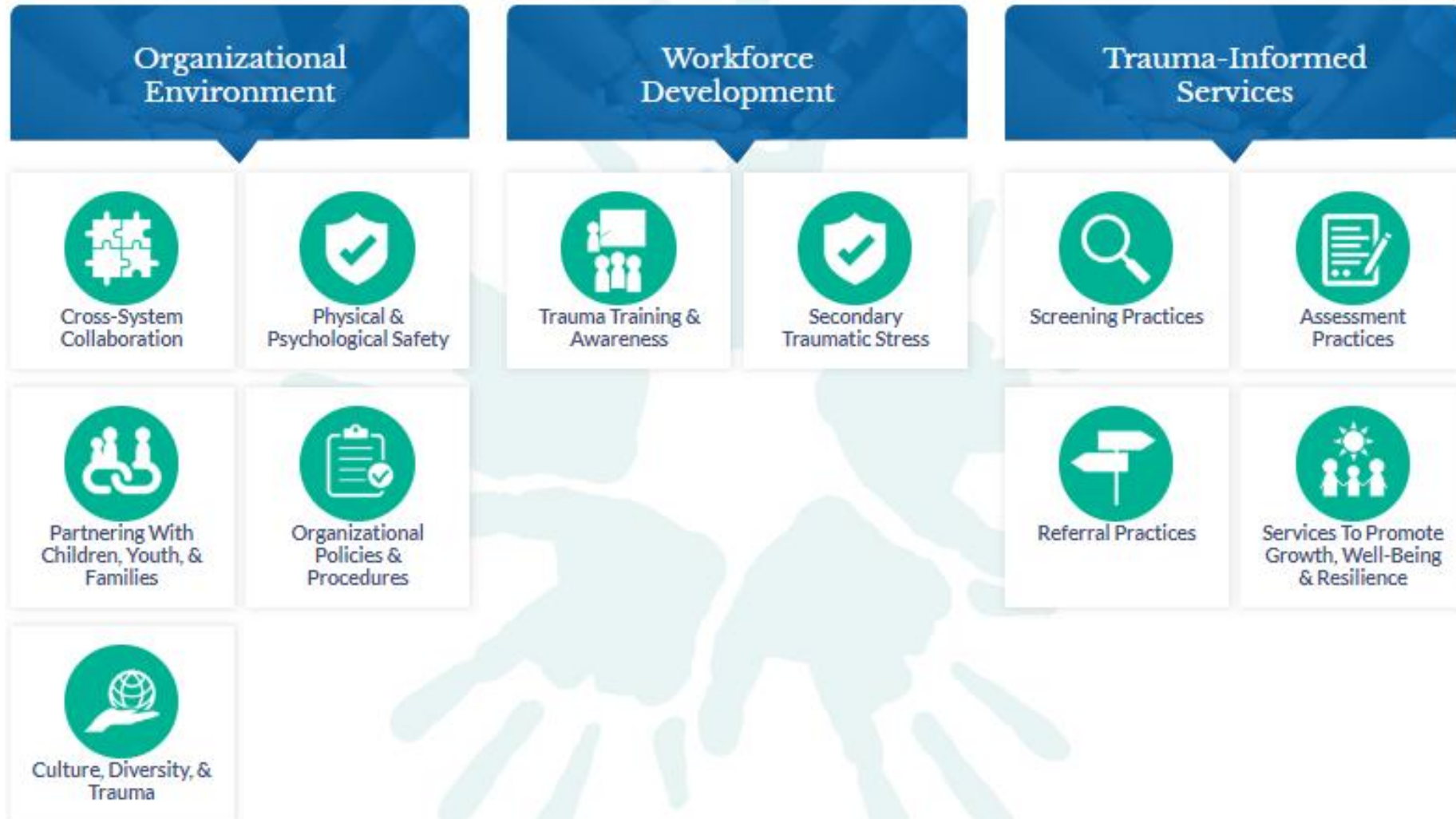
My3

## Resources for Caregivers



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

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



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