

Welcome to

# Introduction to Child Trauma

*Introducción al trauma infantil (Interpretación al español comenzará pronto)*

THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...

?

## Icebreaker Question

(answer in the chat)

What is a movie you could watch over and over?



## Survey & Certificate of Completion

Available following the training.

CEUs available for LCSWs, LMFTs, LPCCs, and LEPs

## Connect With Us!



VISIT [CALTRIN.ORG](https://CALTRIN.ORG) &  
SCAN TO LEARN MORE



# Spanish Interpretation

- 1. Scan the QR code  
with your mobile  
device**
- 2. Select 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](http://caltrin.org) to view and register for upcoming webinars or workshops



**January 21** | From Promise to Action:  
Updates on California's Mandated Reporting Transformation



**January 15** | Protective Factor of the Month:  
Overview of the Protective Factors



**February 05** | The Role of Accountability in the Coaching Process



**February 19** | Protective Factor of the Month:  
Parental Resilience



**January 21** | Fostering Wellness in the Midst of Challenging Work: The Pause, Reset, Nourish Framework

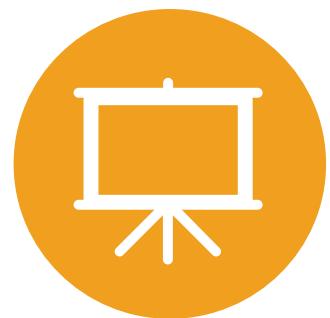


**February 20** | Introduction to the ASQ:SE-2



# 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.



# Introduction to Child Trauma

Presented by Melissa Bernstein, PhD



# Speaker SPOTLIGHT



## 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



# What is Child Trauma?



# 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



# Types of Trauma

## Natural

- Illness
- Accidents
- Loss
- Death
- Natural Disasters



## Human Made

- Violence
- Abuse



# WHAT IS TRAUMA?



Someone broke the private part rule



Grown-ups in the family hit each other, or yell, or hurt



Grown-up hit or hurt kids



Moving to a new home



Kid didn't have food and hugs and clothes and things kids need



Someone you love leaving or dying



Scary things happening with the weather

Acute Trauma



Complex trauma



Chronic trauma



Historical Trauma



# Which form of child trauma is most prevalent?

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



After a Traumatic Event, what percent of youth go on to develop Post Traumatic Stress?

- a. ~80%
- b. ~55%
- c. ~20%

# Who Goes on to Develop Trauma?

## Sources of Resilience

- Temperament
- Access to Resources
- Social emotional supports
- Caring, safe adult

## Risk Factors

- Temperament
- Developmental delays
- Low social support
- Previous trauma exposure
- Response of caregiver
- Perception of danger
- Relationship to offender

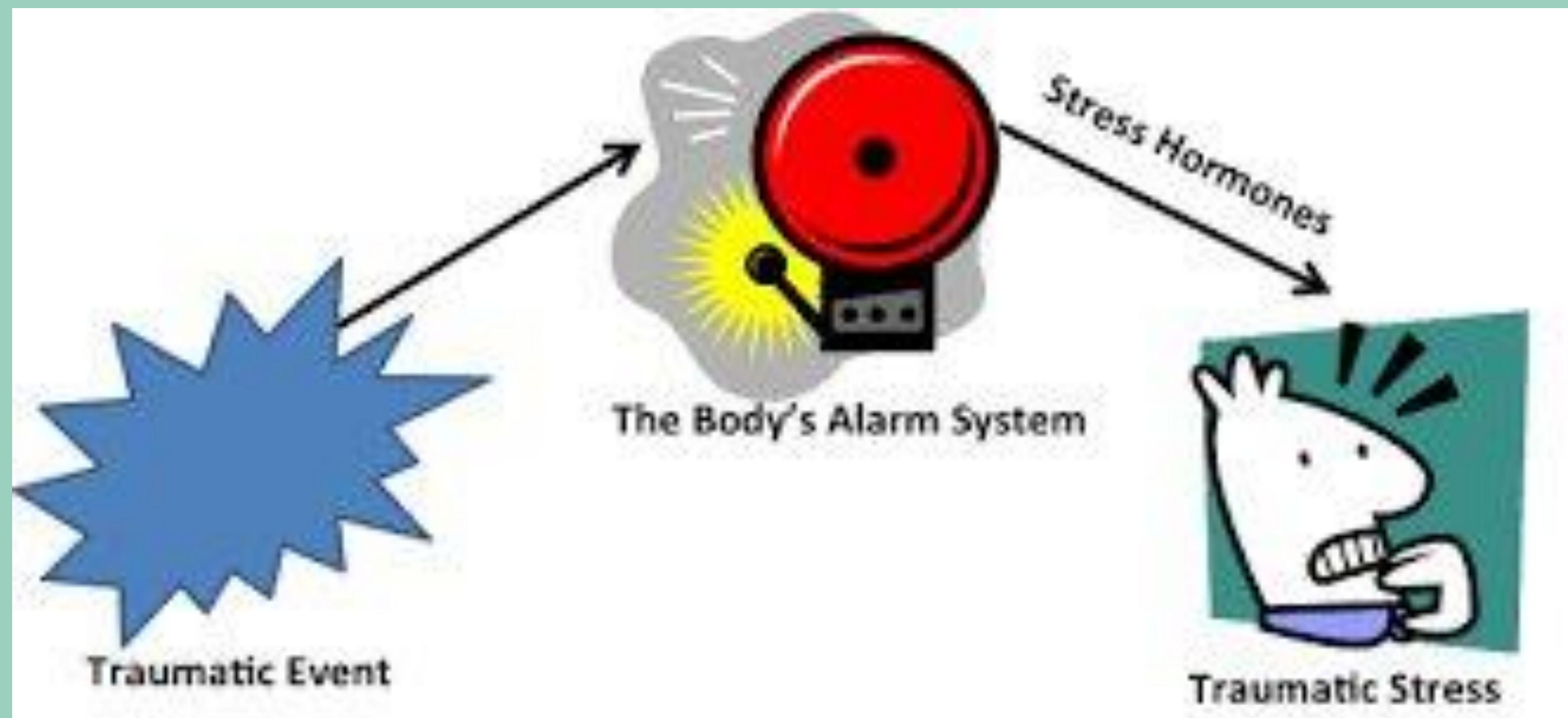
# Trauma Responses







## FIGHT / FLIGHT / FREEZE



# Trauma Responses

Avoidance



Hypervigilance



Negative Mood



Re-experiencing



# Trauma Responses

## Avoidance

- Spacey, not engaged, lack of interest
- Less interest in activities or things they enjoyed
- Rejecting comfort from other



## Hyperarousal

- Quick to startle
- Jumpy and nervous
- Quick to fight
- Trouble with sleep



# Trauma Responses

## Re-experiencing

- Sleep problems
- Difficulty with attention and concentration
- Difficulty learning or taking in new information



8/29

- a million  
- thousand



# Trauma Responses

## Negative Mood/Beliefs

- Distrustful
- Distorted Self-Image
- Negative view of world and future
- Trouble forming healthy relationships



# Common Beliefs Impacted by Trauma

	Of Self	Of Others/World
Trust	I make bad decisions. I can't trust my own judgement.	People can't be trusted. Don't trust the system/authority.
Control/Power	I don't have control of the future. Control is all or nothing. Must control what I can.	Life is unpredictable/uncontrollable.
Esteem	I am a bad kid. I am worthless. I am only valuable for...	People are bad and they will hurt you.
Intimacy	I shouldn't get close to people.	Others will take advantage of me. Relationships cause pain.
Safety	I am unsafe. Something bad will happen to me.	Adults won't keep me safe. Adults are dangerous.

Adaption  
Rather than  
Damage

COPING

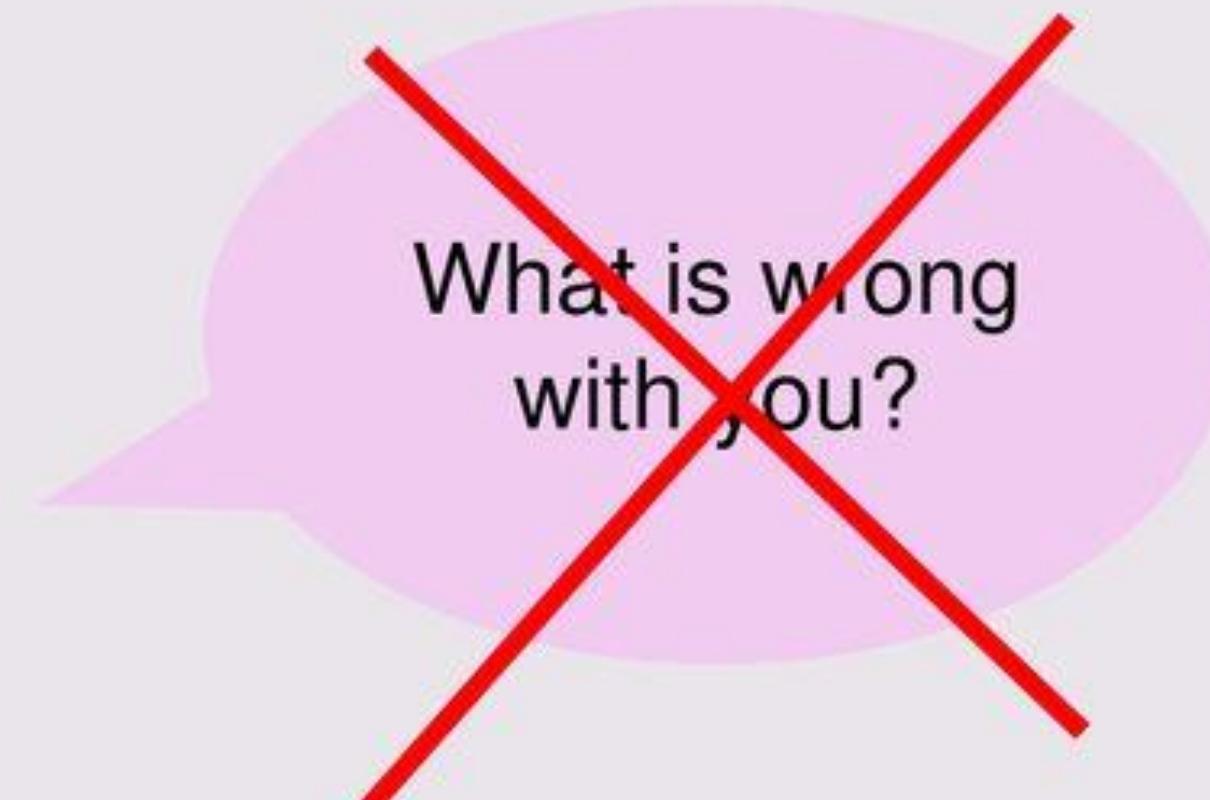
SAFETY

LEARNED

SURVIVAL

# Responding to Child Trauma

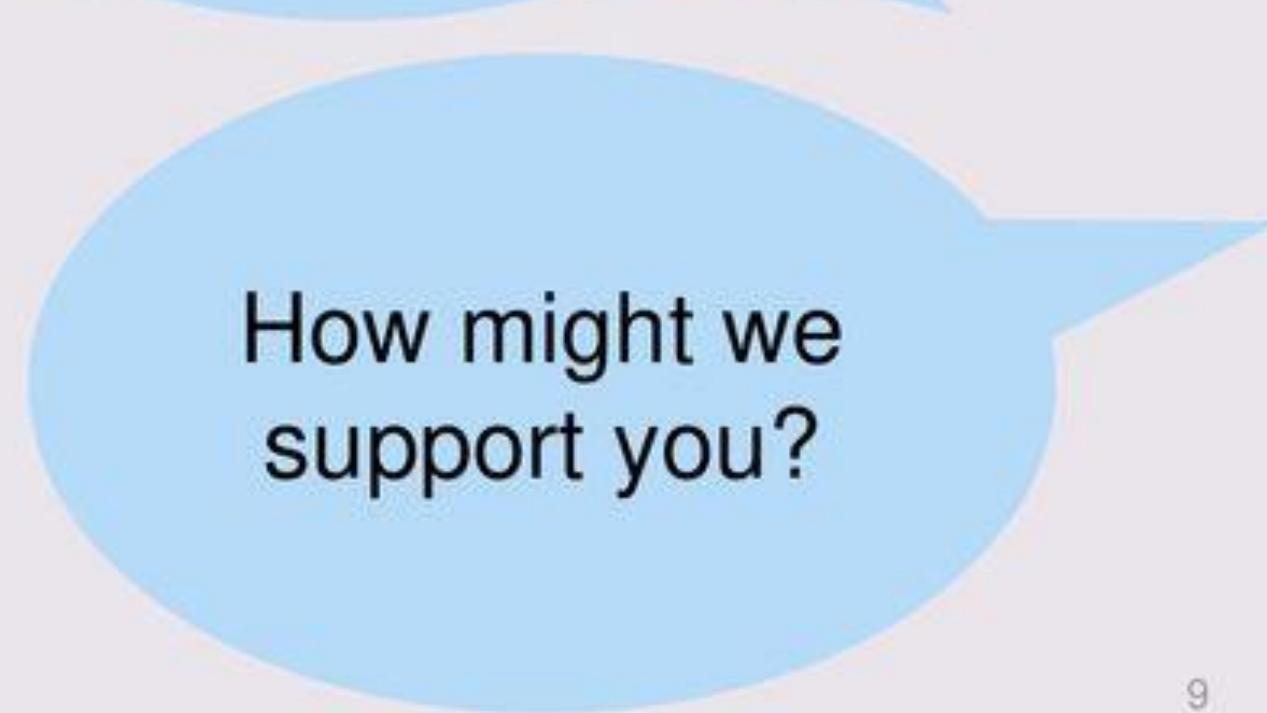




What is wrong  
with you?



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





Let's Connect™

# TUNE-IN

What am I feeling?  
What do I need?



This is a gesture of self-care that builds self-awareness and acknowledges that feelings reflect important needs.

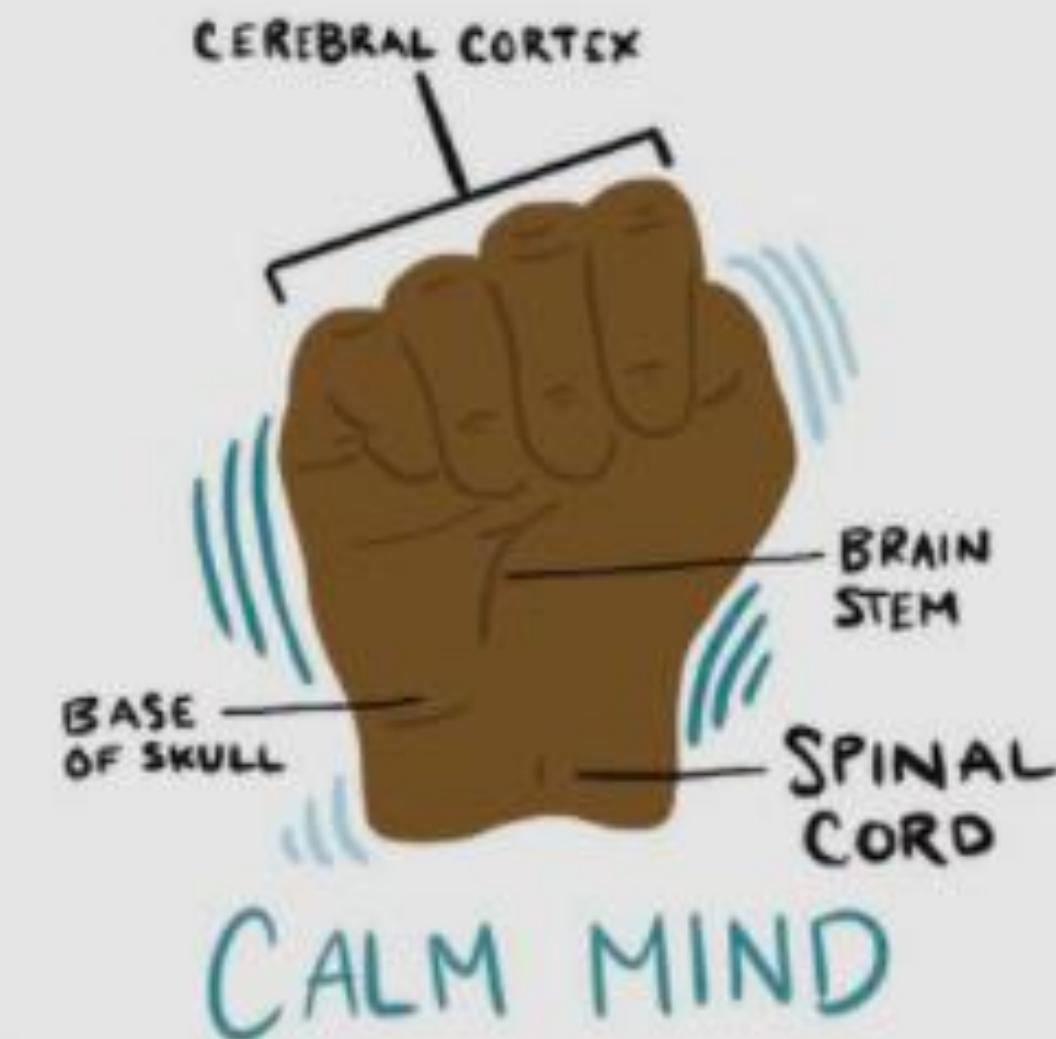
It also calms the body and mind and helps us to tap into our intuition, creativity, and wisdom.

This pause and reflection promotes a response versus reaction.

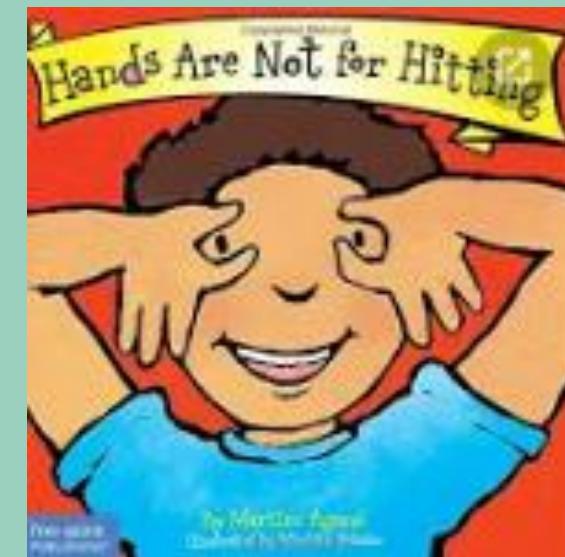
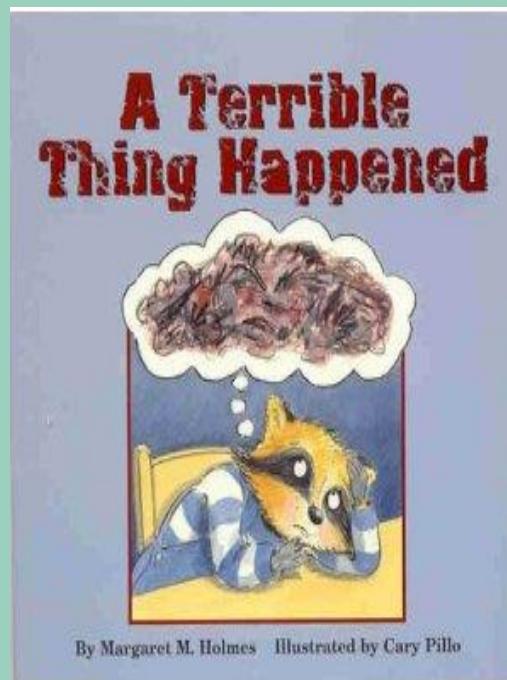
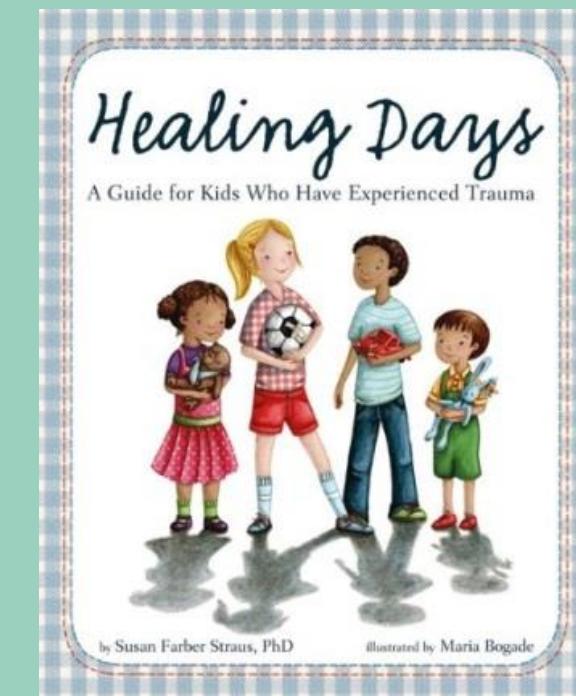
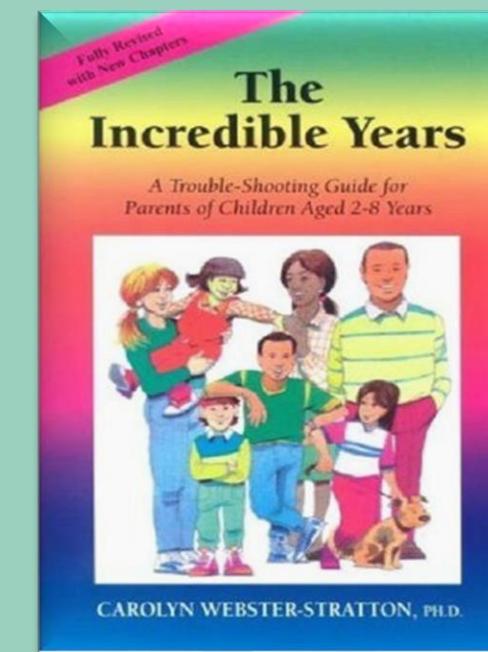
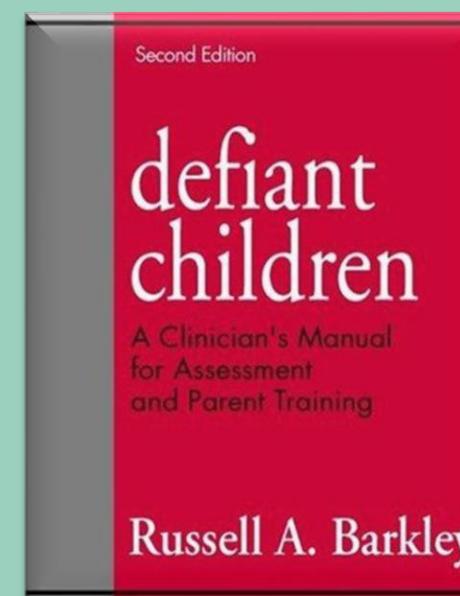
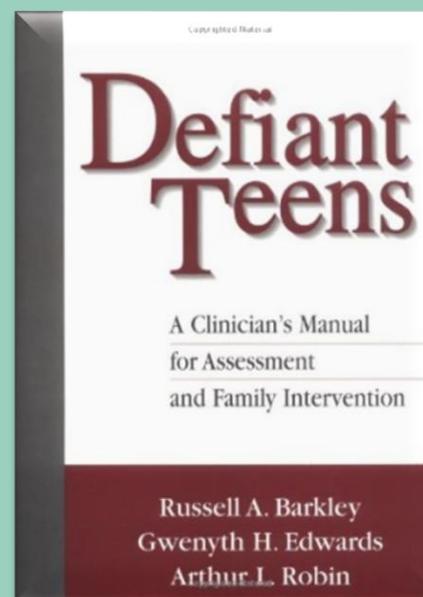
# When in Fight or Flight



# FLIPPING your lid



# Resources for Caregivers



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

<https://www.actspaper.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”*



“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



Melissa Bernstein  
[mbernstein1@rchsd.org](mailto: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*



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