

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!



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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 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



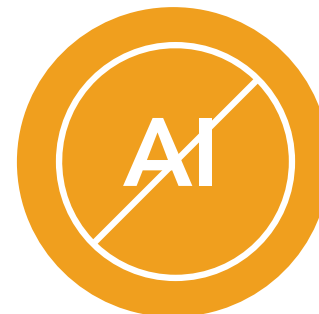
Access notetaking slides now!
The link can be found
in the chat.



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





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-up hit or hurt kids



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



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



Moving to a new home



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

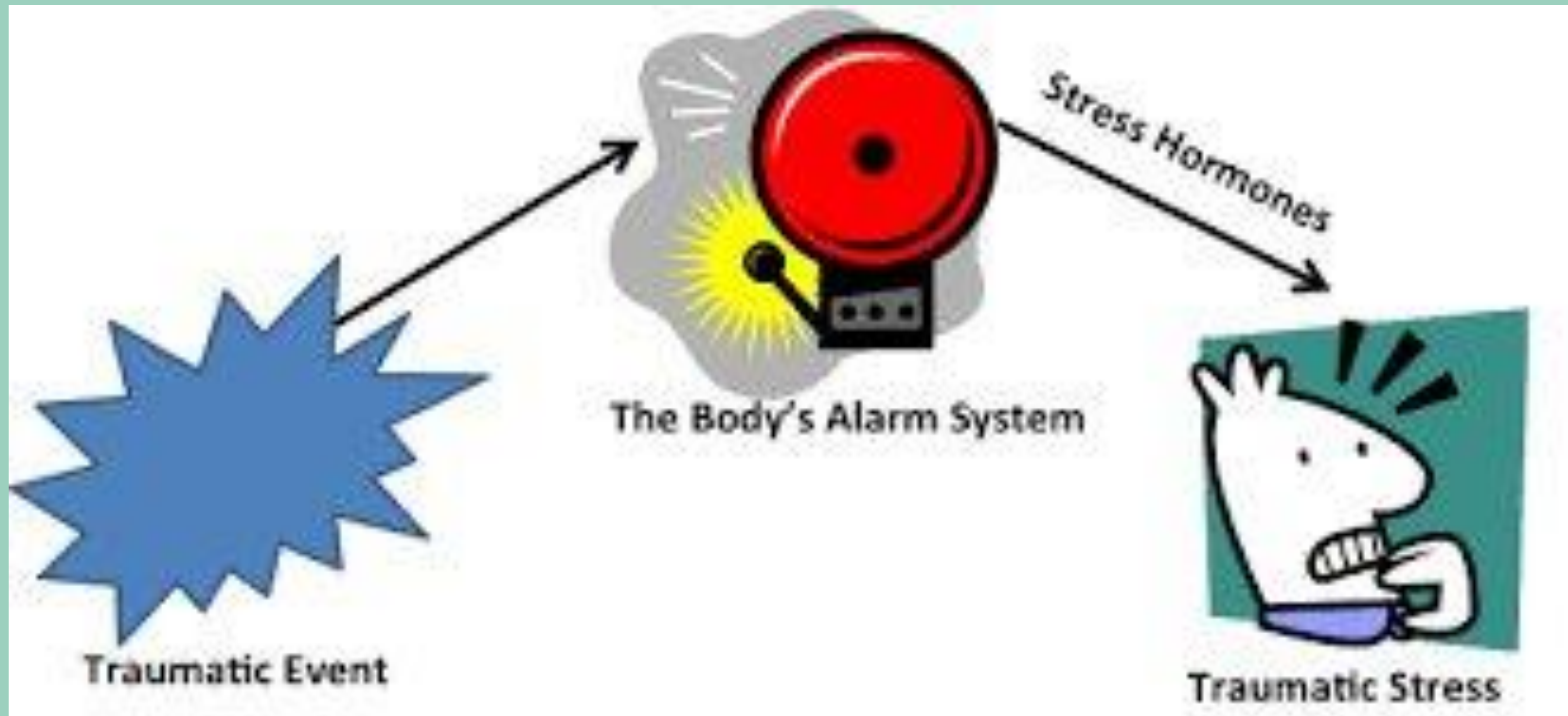
Trauma Responses







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

MOM & Dad

knife - mom
stabbed dad
mom hitting dad

Shengzeng
Kwa

people - sheng
hitting me
on my head
and my eye

playing

brother
hitting me

tests

my worry
brain

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

Create

Create a sense of safety

- Stand a few feet away from child
- Speak in a calm and quiet voice

Reflect

Briefly reflect emotion

- Tell child you can see he/she/they is feeling upset and you are available if he/she/they needs you

Offer

Offer to do a favorite coping skill together

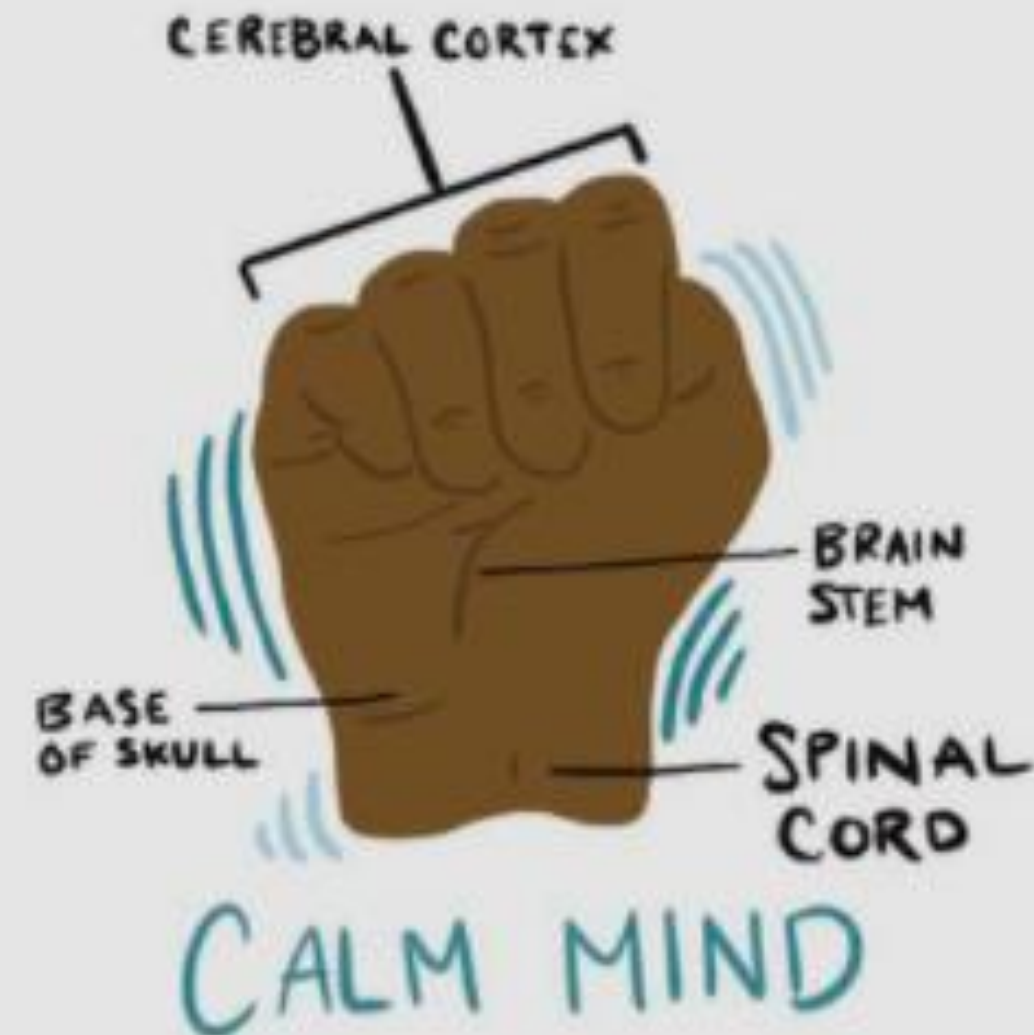
- May need to model skill if child is unable to join you

Allow

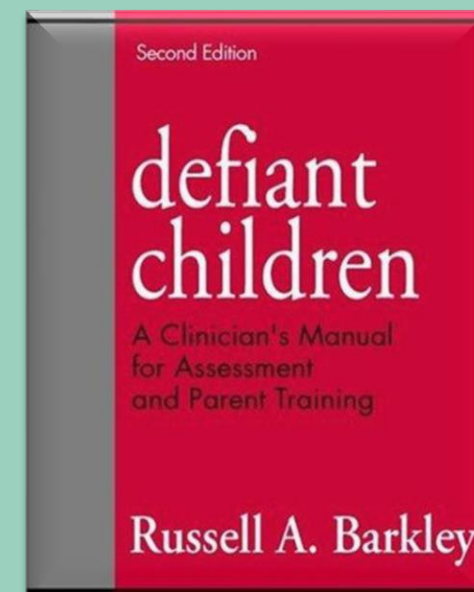
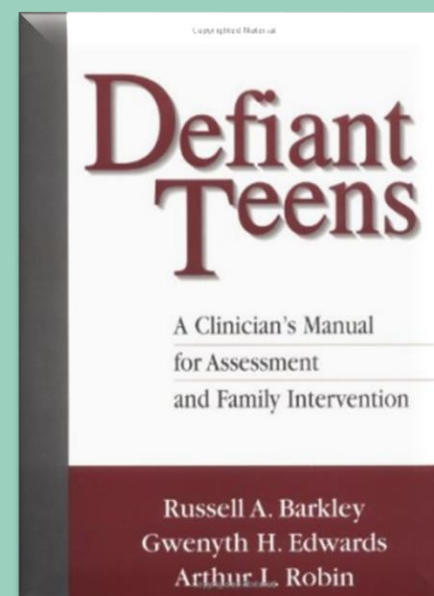
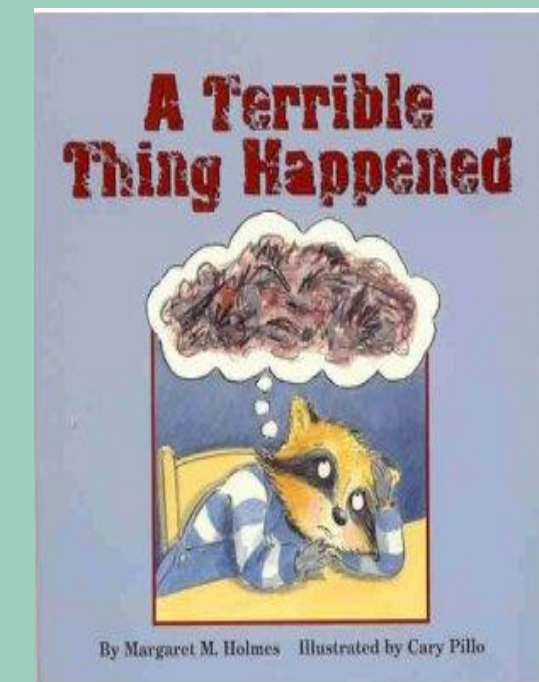
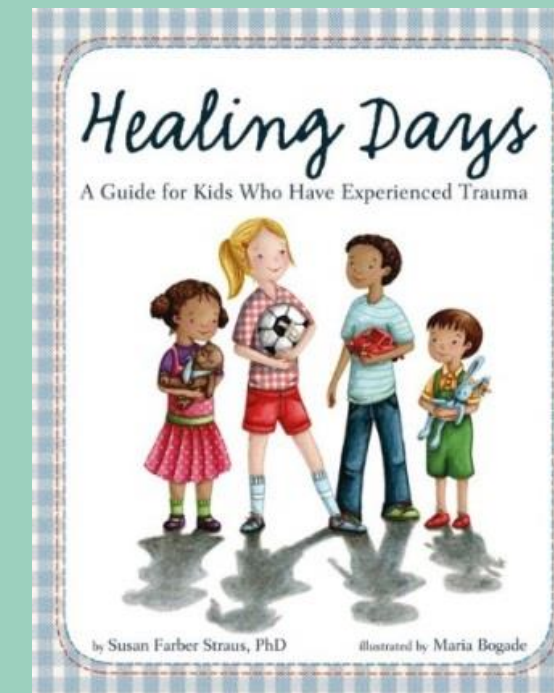
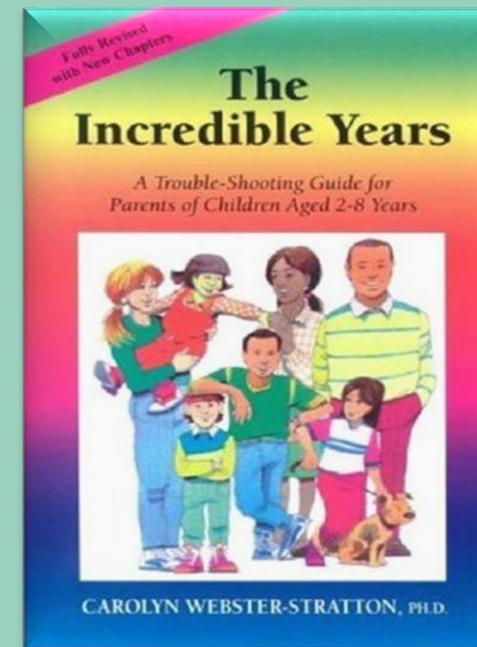
Allow child time to calm

- This means back away and be quiet! Less language!
- Stay close by so child can come to you when he/she/they is ready

FLIPPING *your lid*



Resources for Caregivers



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

<https://www.actsproject.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”

About 3,020,000 results (0.66 seconds)



My story | Elizabeth Smart | TEDxUniversityofNevada - YouTu...

YouTube · TEDx Talks

“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
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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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