



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



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SPANISH INTERPRETATION AVAILABLE! INTERPRETACIÓN AL ESPAÑOL DISPONIBLE!

Scan the QR code with your mobile device.
Escanee el código QR desde su teléfono

Select "Spanish."
Elige la opción "Spanish."

Enable Simultaneous Interpretation Audio
Habilite el Audio de la Interpretación Simultánea



Spanish ▾



Enable/Disable sound to listen to the speaker



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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

This training was made possible with funding from the California Department of Social Services, Office of Child Abuse Prevention. Any opinions, findings, conclusions, and/or recommendations expressed are those of the CEBIC, CalTrin and do not necessarily reflect the views of the California Department of Social Services.

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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

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

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

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

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

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

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Before We Begin...

DURING



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



This presentation is being recorded.



Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.



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.

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Introduction to Child Trauma

Presented by Melissa Bernstein, PhD



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CALTRIN
California Training Institute

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

RCHSD is not responsible for the creation of content and any views expressed in its materials and programming.

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An Introduction to Child Trauma

Melissa Bernstein,
PhD

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Agenda

- What is child trauma
- Trauma responses in children & adolescents
- Responding to child trauma

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What is Child Trauma?



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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



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Types of Trauma

Natural

- Illness
- Accidents
- Loss
- Death
- Natural Disasters




Human Made

- Violence
- Abuse




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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



Someone you love leaving or dying



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




Scary things happening with the weather


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Acute Trauma




Complex trauma



Chronic trauma



Historical Trauma




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Which form of child trauma is most prevalent?

a. Physical Abuse

b. Sexual Abuse

c. Neglect



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

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

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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

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Trauma Responses



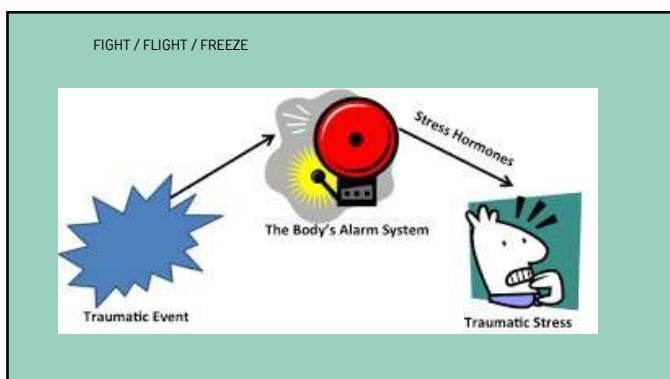
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Trauma Responses

Avoidance



Hypervigilance



Negative Mood



Re-experiencing



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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



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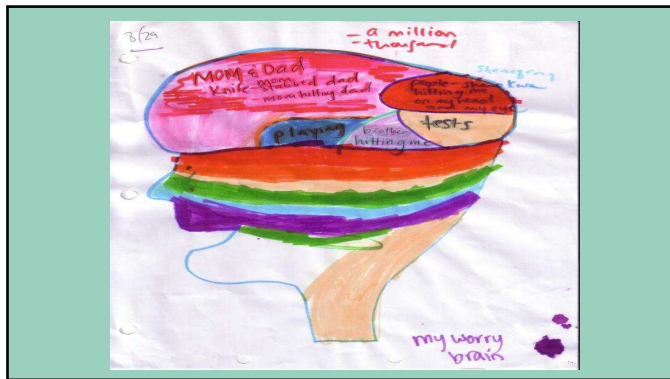
Trauma Responses

Re-experiencing

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



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Trauma Responses

Negative Mood/Beliefs

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

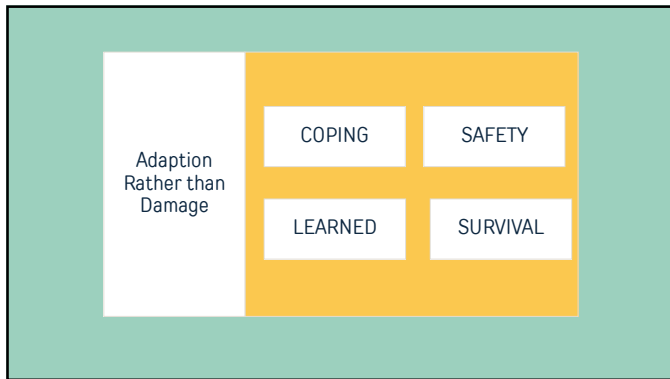


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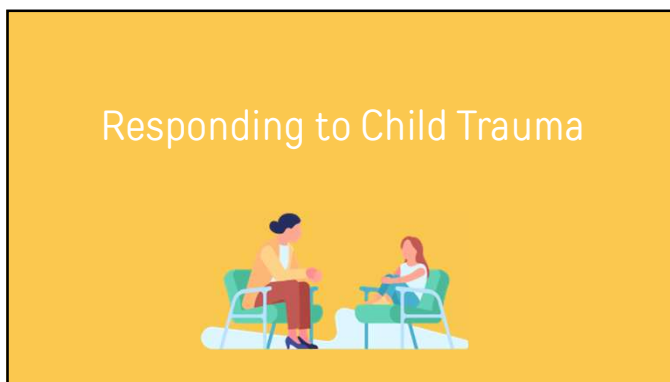
Common Beliefs Impacted by Trauma

	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.

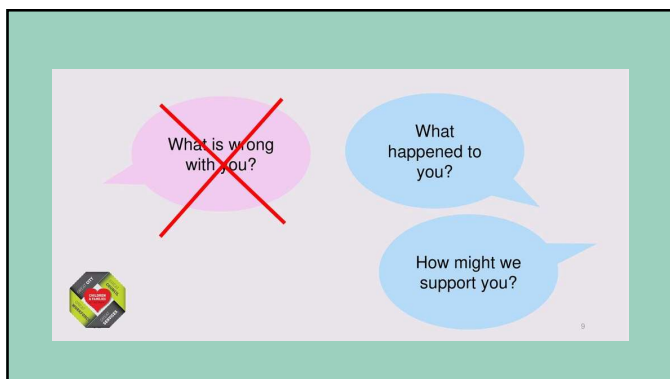
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Practical Applications

Predictability

- Describing your role and how the day will unfold

Choice

- Asking permission, offering options

Self Efficacy

- Setting small, achievable goals



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Practical Applications

Hope

- Normalize & Validate


Safety

- Provide information, education,
- Creating a sense of calm



Job Aid available

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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.



Let's Connect™ 2019

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When in Fight or Flight



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FLIPPING your lid



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Resources for Caregivers



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"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 3,000,000 results (0.48 seconds)

My story | Elizabeth Smart | TEDxUniversityofNevada - YouTu...
YouTube · TEDx Talks

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“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

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