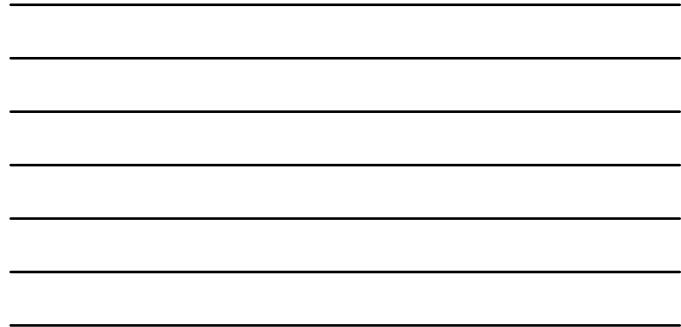


A slide with a blue background featuring a woman's face in profile. The text 'Welcome to Introduction to Child Trauma' is in the center, with 'Introduction to Child Trauma' being larger. Below it is the text 'Introducción al trauma infantil (Interpretación al español comenzará pronto)'. At the bottom, it says 'THE TRAINING WILL BEGIN SHORTLY! WHILE YOU'RE WAITING...'. On the right is the CALTRIN logo with the text 'California Trauma Institute'. On the left is an orange question mark icon with the text 'Icebreaker Question (answer in the chat)'. Below that is the text 'What is a movie you could watch over and over?'. At the bottom left is a 'Connect With Us!' button with social media icons. At the bottom right is a QR code and the text 'VISIT CALTRIN.ORG & SCAN TO LEARN MORE'.

1



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

SPANISH INTERPRETATION AVAILABLE!
INTERPRETACIÓN AL ESPAÑOL DISPONIBLE!

2



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 CECB-CalTrin and do not necessarily reflect the views of the California Department of Social Services.

3



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

4

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

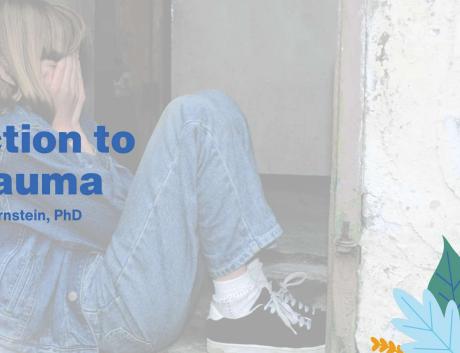
-  Complete the survey to receive your Certificate of Attendance. CEUs available for LCSWs, LMFTs, LPCCs, and LEPs.
-  A follow-up email will be sent to all participants within two days.

5



Introduction to Child Trauma

Presented by Melissa Bernstein, PhD



6



Speaker **SPOTLIGHT**

7

An Introduction to Child Trauma

8

Agenda

- I. What is child trauma
- II. Trauma responses in children & adolescents
- III. Responding to child trauma

9

What is Child Trauma?



10

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



11

Types of Trauma

Natural

- Illness
- Accidents
- Loss
- Death
- Natural Disasters



Human Made

- Violence
- Abuse



12

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
	Scary things happening with the weather

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13

Acute Trauma	Complextrauma
Chronic trauma	Historical Trauma

14

Which form of child trauma is most prevalent?

a. Physical Abuse
b. Sexual Abuse
c. Neglect



15

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

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

16

Who Goes on to Develop Trauma?

Sources of Resilience	Risk Factors
<ul style="list-style-type: none"> ▪ Temperament ▪ Access to Resources ▪ Social emotional supports ▪ Caring, safe adult 	<ul style="list-style-type: none"> ▪ Temperament ▪ Developmental delays ▪ Low social support ▪ Previous trauma exposure ▪ Response of caregiver ▪ Perception of danger ▪ Relationship to offender

17

Trauma Responses



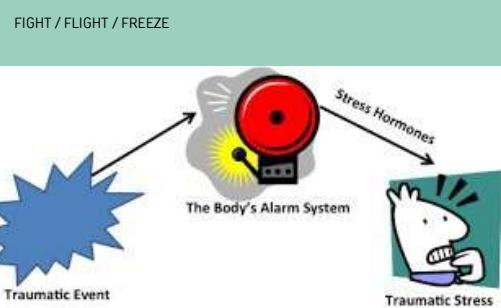
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19



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21

Trauma Responses

Avoidance		_____
Hypervigilance		_____
Negative Mood		_____
Re-experiencing		_____

22

Trauma Responses

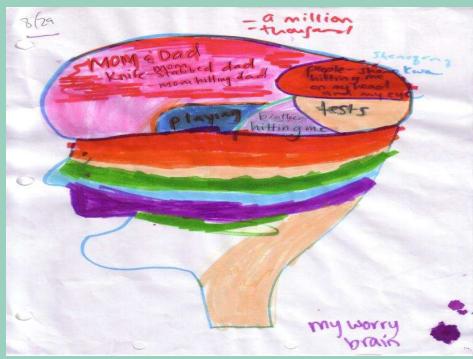
Avoidance		_____
- Spacey, not engaged, lack of interest		_____
- Less interest in activities or things they enjoyed		_____
- Rejecting comfort from other		_____
Hyperarousal		_____
- Quick to startle		_____
- Jumpy and nervous		_____
- Quick to fight		_____
- Trouble with sleep		_____

23

Trauma Responses

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

24



25

Trauma Responses

Negative Mood/Beliefs

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

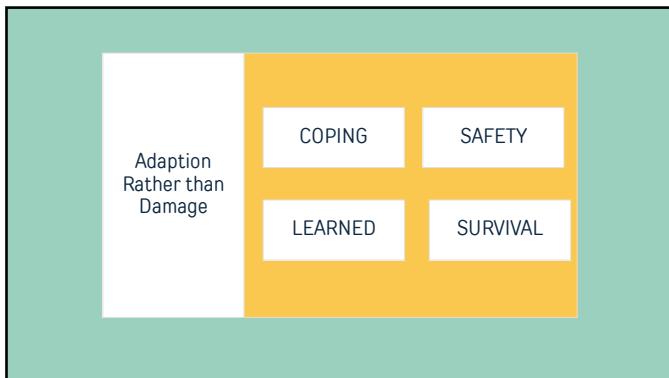


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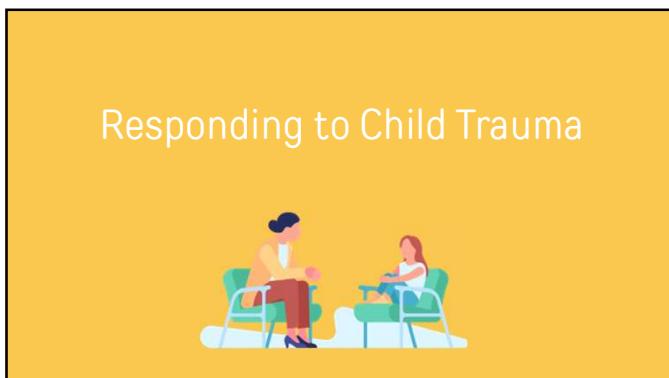
Common Beliefs Impacted by Trauma

	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.

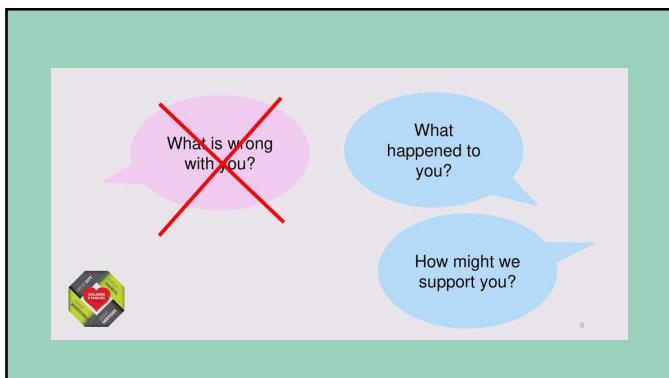
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28



29



30

Practical Applications

Predictability

- Describing your role and how the day will unfold

Choice

- Asking permission, offering options

Self Efficacy

- Setting small, achievable goals



31

Practical Applications



Hope

- Normalize & Validate

Safety

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



32

TUNE-IN

What am I feeling?
What do I need?



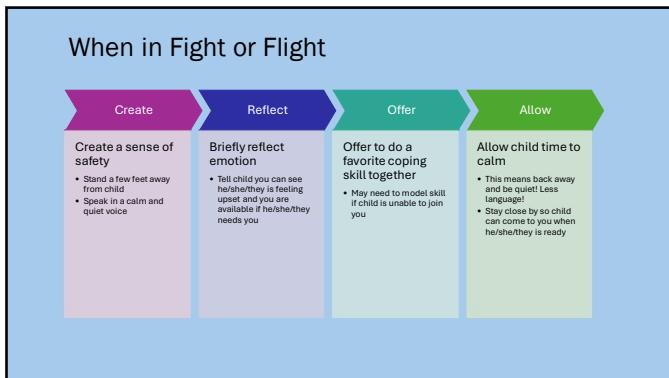
This is a gesture of self-care that builds self-awareness and acknowledges that feelings reflect important needs.

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

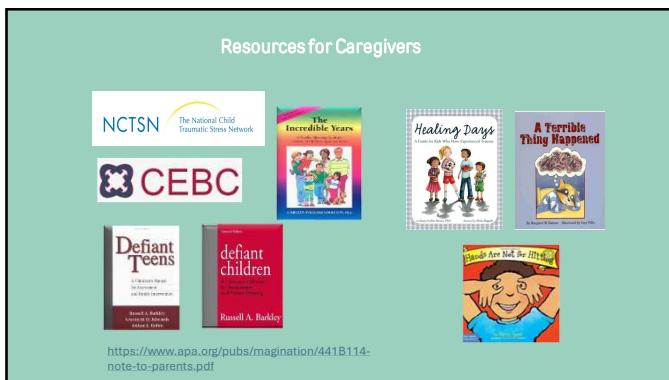
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34



35



36

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

37

"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 it's given me, and the empathy I have for others"

38

“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

39



40



41
