

*\*Tr101 - Tr106 all 2-hour workshops. Tr107 - Tr108 are 4 hour workshops.*

*All trainings can be offered in-person or virtually. Workshop maximums are 50 participants for in-person and 100 participants for virtual delivery. Intensive courses have a maximum of 16 participants per cohort. For additional information or larger group presentations, please contact Beth Hall at [bhall@lakesidelink.com](mailto:bhall@lakesidelink.com)*

### **Trauma 101: An Overview of Trauma-Informed Care**

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

### **Trauma 101: First Responders**

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. First Responders can be better equipped to meet the needs of those in their community with information that helps them appreciate the complex nature of trauma. With respect for the primary responsibilities of first responders, this multi-media, interactive workshop sheds light on the potential deeper needs of the populations they serve.

*A First Responder is a person with specialized training who is among the first to arrive and provide assistance at the scene of an emergency, such as an accident, natural disaster or terrorism. First Responders typically include law enforcement officers, paramedics, EMT's and firefighters.*

### **Trauma 101: Health Professionals**

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. Health Professionals can be better equipped to meet the needs of those they serve with information that helps them appreciate the complex nature of trauma. With respect for the primary responsibilities of Health Professionals, this multi-media, interactive workshop sheds light on the potential deeper needs of the populations they serve.

*Health Professionals may provide health care treatment and advice based on formal training and experience. The field includes those who work as a medical doctor, physician assistant, pharmacist, medical assistant, nurse, physical therapist, occupational therapist, dentist, midwife, psychologist or those who perform services in allied health professions. A Health Professional may also be an expert in public health or community health.*

**Trauma 102: Basic Skills of Trauma-Informed Care**

Building on information provided in Trauma 101, professionals expand their understanding of trauma and are provided specific skills that enhance abilities to interact in emotionally and relationally healthy ways with people impacted by trauma. As professionals become trauma-aware, they have a responsibility to prevent, avoid and respond to trauma. In this hands-on, interactive workshop professionals are provided opportunities to implement and practice the skills presented.

**Trauma 103: Recognizing Vicarious & Secondary Trauma for Professionals**

The emotional and physical cost of being an engaged and empathetic professional can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue and burn-out, professionals are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

**Trauma 105: An Introduction to Trauma for Parents & Caregivers**

Parents and Caregivers can play an important role in helping children recover from traumatic events. This workshop is designed to provide parents and caregivers with introductory information about the impact of trauma and the power of relationships to help children heal. The more parents and caregivers understand how trauma effects children, the more they will understand the reasons for kids' behaviors and emotions, and the more they will be able to help them cope.

**Trauma 106: An Introduction to Trauma for Youth**

Creating safe and supportive environments for youth involves educating youth on why people behave the way they do. Incorporating basic information about the impact of trauma and identifying some basics of brain structure provide the foundation for youth to better understand themselves and those around them. A highly engaging and interactive strengths-based activity assists youth in identifying their present self and encourages them to set healthy emotional and relational goals for their future self.

**Trauma 107: Trauma-Informed Cultural Sensitivity**

Enhancing cultural competence and encouraging cultural humility are essential to increasing access and improving the standard of care for traumatized children, families and communities. Cultural awareness, responsiveness and understanding need to be infused at every level to be effective in addressing the needs of those who have experienced trauma. With both presentation and group interaction, participants will identify forces that contribute to behaviors that build or decrease emotional health in individuals and systems.

**Trauma 108: Trauma and Racism**

This workshop integrates trauma principles while highlighting the profound impact of racism, offering ideas with regard to the responsibilities of white and BIPOC to actively promote anti-racism and social equality. There are opportunities for individual reflection and constructive conversations among participants to allow consideration of action steps to take as individuals, communities and a society to challenge and change attitudes, beliefs and behaviors around race.

**Trauma 109: Trauma in Pandemic**

We cannot escape the fact that COVID-19 is real and has impacted millions of individuals and systems. The most distressing, lingering symptoms are neurological. In times of fear, stress, uncertainty and loss we can benefit from exploring what has taken place, is going on and may continue in the future. We can benefit from knowing we have been experiencing something together and feel less alone in facing these challenges. This 3-hour workshop explores our shared experiences of the COVID-19 pandemic through trauma lenses to bring meaning from our experiences. Participants appreciate the impact of a pandemic, both positive and negative and are encouraged to expand their perspective and skills.

**Interactive Simulation Exercise**

An immersive experience designed to provide a glimpse into the reality of the impact of trauma. This exercise will take you through the journey and barriers that contribute to feelings of helplessness and additional trauma experienced when navigating education, criminal justice and social service systems. In the first hour, participants will perform tasks in 10-15 minute sessions, each representing a week of life and responsibilities for the identity they are assigned during the exercise. The second hour is spent in moderated dialogue about the experience.

**Enhancing Trauma Awareness (15-hour course): First in series of trauma courses**

Providing a rich and sophisticated exploration of the subject of trauma with an emphasis on encouraging professionals to become highly sensitive regarding the nature of trauma is foundational to becoming trauma-informed. Professionals will gain heightened awareness and respect with regard to trauma-related behaviors, and the consequences of being impacted by trauma that can extend into relationships, systems and across generations.

**Deepening Trauma Awareness (30-hour course): Second in series of trauma courses**

This course, for which Enhancing Trauma Awareness is a prerequisite, invites professionals on a journey to become trauma-sensitive while increasing awareness of the connections and impact trauma can have with regard to a myriad of related dynamics. Recognizing the impact of information, concepts, approaches, principles and skills related to attachment, fear, grief, shame, recovery and healing, professionals examine and interpret these topics as related to persons impacted by trauma.

**Applying Trauma Principles (30-hour course): Third in series of trauma courses**

This course, for which both Enhancing Trauma Awareness and Deepening Trauma Awareness are prerequisites, continues adding to professionals' knowledge and skills base. Professionals are provided opportunities to apply the research and principles of trauma to real-life situations as they share their own case studies with colleagues, emphasizing ways they are applying information, concepts, approaches, principles and skills provided in this and prerequisite courses. Groups then discuss and process the assessments, choices and ways of applying principles each professional shares, further advancing awareness, sensitivity and abilities to intentionally apply trauma principles in real-life situations.

*Successful completion of all three trauma courses and fulfillment of additional requirements can lead to certification as a Trauma-Competent Professional.*

**Group Facilitation (15-hour course)**

Using role-plays and feedback processes, participants have opportunities to practice new skills and refine existing leadership techniques. Course content includes principles and properties of groups, intentionally promoting healthy group processes, key interactive skills and design approaches to maximize effective group dynamics as well as ways to identify and respond effectively to problems and challenges that can be experienced in group settings.

**Train the Trainers (25-hour course)**

Participants who meet course requirements would be certified by Lakeside Global Institute as Adjunct Trainers with authorization to license and present Lakeside Global Institute workshops. Adjunct Trainers are also equipped to facilitate small group discussions. LGI's Train the Trainers course applies the same approaches and techniques provided in course content. Participants can expect LGI trainers to maintain a high level of integrity with regard to processes of group leadership, management and facilitation.

*Prerequisites: Trauma 101 and Enhancing Trauma Awareness.*