

Title of Training: Trauma Effects on the Developing Brain

Description of Training: Many of us know that traumatic experiences can have negative effects on the brain and body. But how does trauma affect student learning and behavior in the classroom and what can we do to improve learning for these students? This half-day workshop will translate current trauma research into useable information for educators in the classroom. You will learn the definition of complex developmental trauma, the effects of trauma on the brain and how traumatic experiences affect student wellness, social perceptions, memory, learning, behavior and emotional resilience. By the end of the workshop, you will understand how to use the trauma model/lens to create a prevention plan for your classroom. You will also be able to design and implement simple interventions for your own brain and those of your students. These interventions will enrich and expand any PBIS plan already in place.

Learning Objectives:

1. Understand the difference between complex developmental trauma and stress.
2. Be able to 'read' the trauma signature in certain negative student behaviors.
3. Become familiar with the ways that trauma can interfere with learning.
4. Design and implement "just-in-time" interventions to help students manage negative emotions in the classroom.
5. Identify the secondary impacts of student traumas on educators – and develop wellness skills to use in the classroom.

Target Audience: Teachers, administrators, support staff, pupil services, and school board members.

Any Prerequisite Training or Knowledge: None

Time Frame: 4 hours.

Activities/Format: PowerPoint presentation, small group activities, and feedback and/or coaching.

Size of Audience: Typically 10 to 70 people.

Trainers:

Donna A. Rifken, PhD, is a child clinical psychologist with over 30 years of experience working with severely emotionally disturbed children and youth in county mental health, school and institutional settings. She is currently working with youth in foster care, training them and their foster parents to manage the difficult emotions and behaviors that arise from complex developmental trauma. She is a writer and trainer in the field of Trauma-Informed Care for youth and believes that educators have a unique and crucial role to play in teaching youth how to manage their emotional life in order to learn and succeed. Dr. Rifken is a certified yoga instructor and maintains a regular meditation practice.

Mary Simon, MSSW, LCSW, is the Programs Manager at Community Care Programs. She has over 23 years' experience working with traumatized youth in residential and outpatient settings. She directs the Sexual Abuse Treatment Offender Program (STOP) at Community Care Programs and works

closely with foster parents of youth placed due to sexual offending problems. She interfaces with school staff to help establish and promote healthy sexual environments. She has provided trainings in secondary schools to foster parents and community members for over 25 years.

Paulette Wijas, LCSW, has provided mental health training and treatment to traumatized youth and their families in a variety of institutional and community settings over the past 25 years. She has specific expertise in working with substance-involved youth and their parents as well as with partner violence. Paulette offers a wealth of professional expertise in EMDR (Certified Level II) and Trauma-Focused Cognitive Behavior Therapy (TF-CBT). She also provides clinical supervision for case managers working with traumatized youth and is skilled in finding common ground between the various caring adults in a youth's life.

Renee Wilberg, MSSW, has worked extensively for the past 20 years within the child welfare system, focusing primarily on foster parents of children with complex traumas. Having been a foster/adoptive parent, she understands and appreciates the energy and focus that it takes to help youth acquire self-soothing and problem-solving skills. She has enjoyed over 10 years of training adults and creates engaging workshops that are filled with important information and direct practice.

Organization: Community Care Programs is a licensed, outpatient clinic providing training and treatment services to youth and those who care about them in counties and schools across Wisconsin. Its staff includes masters and PhD level trainers and treatment providers who work directly with youth, foster/biologic parents, county workers, school staff and juvenile justice workers. Community Care Programs provides training in Trauma-Informed Care to foster parents, county workers and school staff. We also offer direct treatment to youth through Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Sexual Abuse Treatment Offender Program (STOP), and Family Focused TF-CBT. For more information about Community Care Resources, visit www.communitycareresources.com.

Contact Information:

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Region(s) of the State: Statewide

Applicability to Which Tier(s): Tiers 1, 2 & 3

Cost: \$500 for training at your school plus expenses (based on 10 to 25 participants and one trainer).