

Trauma-Informed Care with Youth & Young Adults

TRAINING WORKSHOP

Washington State
Health Care Authority



AGENDA

- The ACE Study and What it Means for Our Work
 - Findings
 - Video: Brain Connections
 - Resilience
- Trauma-Informed Care Connection
 - Trauma is...
 - What Makes Some People Heal Naturally & Others Not
 - Case Example
 - Table Activity: Culture Affects Trauma Response
- Hallmarks of Traumatic Events vs. Trauma-Informed Care
 - Description
 - Table Activity: Hallmarks of TIC
- Examples of Replication & Solutions Toward TIC
 - Large Group Activity
- Guiding Principles of Trauma-Informed Care: 2 Versions
- **LUNCH**
- Identifying & Screening for Traumatic Stress in Youth & Young Adults
 - Brief & Effective Screening for Different Settings
 - Case Example
 - Table Activity: Screening Measures
- Multiple Connections Between Trauma & Substance Use
 - Research
 - Case Example
 - Table Activity: Symptoms and Treatment
- Effective Trauma Therapy with Young Adult
 - Demonstration
- Wrap up; evaluations

TRAINER



Janet Brodsky, LICSW is a therapist and educator with over 30 years of experience in trauma assessment and treatment. She has been in the field since 1978 and is a specialist in traumatic stress counseling. Janet earned her Master's degree in social work at the University of

Washington in 1986, and was a therapist at Harborview Center for Traumatic Stress from 1990 through early 2003. In the spring of 2003, she opened her own practice, where she continues to provide trauma-specific therapy, consultation and training. Janet has a passion for assisting underserved communities, including refugees and people affected by discrimination. She keeps her balance by kayaking among the seals in the inlets of Olympia, WA.

WHERE IS THIS TRAINING TAKING PLACE?

Best Western Skagit Valley Inn & Convention Center, 2300 Market Street, Mount Vernon, WA

Lunch is on your own. A certificate of completion will be provided however no CEs are attached to this training.

WHEN IS THIS TRAINING TAKING PLACE?

Friday, April 12th, 2019, 9:00am-4:00pm

REGISTRATION:

To register: mandy_iverson@northsoundbho.org