



## Trauma Informed Care Training

### Presentation Description:

Over the past decade, we've learned a great deal about complex trauma and the effects of toxic stress on our bodies. What we haven't done is a good job of incorporating this information into our daily lives and our daily interactions with the people around us, in terms of how we work with members of our teams, assist our clients, and our own self-care. That's what makes our training unique.

Growth Works' Trauma Informed Care training sessions are fully customizable to your team, your field of work, and the population you serve. In these sessions, we will work through several processes to help you recognize, work through, and avoid future traumatic events within yourself and others you interact with.

### Intended Audience:

- Because trauma is something that everyone experiences, this training is recommended for everyone! Our instructors will teach participants how to identify, work through, and avoid future trauma in order to live their best and happiest lives!
- We recommend offering this training in a minimum of 3 one-hour sessions. (4 or 5 would be optimal if possible) or as a full day training.
- Each session is highly interactive, so a smaller session size (less than 15 participants per session) is optimal, but we are able to adjust sessions to fit larger audiences as well. The smaller the class, the more interactive and personalized each session can be.

### Key Takeaways:

We will be offering you an opportunity to get a different perspective of matters as you move your service forward:

- This training will discuss the manner in which trauma affects brain function and how toxic stress activates within the body
- Participants will learn techniques that they can use in their daily lives and in interactions with clients to help them regulate emotionally and to reduce the effects of trauma
- During this training, the instructor will talk with participants about their own processes for emotional regulation and, if they're open to it, bring a number of approaches for them to try out that that they might find useful as they navigate the new challenges in these new times.
- These trainings are highly interactive and build upon each other.

For more information on Trauma Informed Care Training and other Growth Works' trainings, please contact Hayley Koetje at [Hayley.koetje@gwcares.org](mailto:Hayley.koetje@gwcares.org) or 734-431-8924.