WORKSHOP DESCRIPTION:
Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. One of the key components of building organizational capacity for trauma-informed care is professional education and development. Staff need education about how trauma affects consumers seeking services, what trauma-informed care is, how to create safe environments for persons served, and ways to avoid re-traumatizing practices. The Trauma 101 & Recovery training is a prerequisite to become a Trauma Trainer (attendance at the Trauma Train-the-Trainer Workshop).

LEARNING OBJECTIVES:
- Define trauma.
- Describe the effects of trauma on adults and children.
- Identify the stages of recovery trauma using the Judith Herman model of recovery and how this model can assist counselors in treatment planning and treatment responses.
- Review intent and process for trauma screening.
- Identify strategies to create safety in trauma survivor’s lives.
- Discuss ways to assess for and implement trauma-informed services.
- Review the effects of trauma on the body and the importance of processing traumatic events through movement.
- Describe the impact of trauma work on service providers and organizations.
- Review ACE’s Study and the impact of trauma through the life span.
ABOUT THE PRESENTERS:

Kay Glidden, M.S., is the Assistant Director of Region 3 Behavioral Health Services and is the Training Coordinator for the Behavioral Health Education Center (BHECN) in Kearney, Nebraska. She holds a Bachelor of Arts Degree from Augustana College in Sioux Falls, South Dakota. She received her Master of Science Degree in Education from Indiana University, Bloomington. Kay began her career in Higher Education, counseling and teaching college students for 13 years. For the last 19 years she has worked in the Nebraska public behavioral health system as a Supervisor, Human Resource Specialist and Trainer.

Jenny Brown, M.S., was a member of SAMHSA's First National Learning Community for Trauma Informed Care. She holds a Bachelor of Science degree from the University of Nebraska at Kearney and a Master of Science degree in Education (Counseling and Student Affairs) from UNK. Jenny works in Prevention at Region 3 and is responsible for planning, coordinating, and implementing a comprehensive alcohol, tobacco, and other drug prevention and community development approach for residents within the twenty-two counties of Region 3.