



Trauma Informed Care Online Training Series Pinellas Continuum of Care (COC)

Schedule

Session 1: July 31 2-3:30pm Introduction to Trauma Informed Care: ACEs and PCEs | Research behind trauma informed care, Adverse Childhood Experiences, and the long-term impact that Positive Childhood Experiences can have on a person

Session 2: August 14 2-3:30pm Applying the Six Principles of Trauma Informed Care | Review the TIC principals and gain a new set of tools to use in a trauma exposed environment

Session 3: August 28 2-3:30pm A Trauma Informed Approach to Communication | Handling interpersonal reactions in an emotional environment and practicing skills and tools to communicate from a trauma informed lens

Session 4: Sept 18 2-3:30pm Compassion Fatigue Strategies | Understand signs of vicarious trauma, compassion fatigue and burnout, and develop tools to combat these challenges in a trauma-exposed environment

Session 5: October 2 2-3:30pm Building Resiliency through Mindful Self-Care | Practice multiple mindfulness tools to learn what works best and develop a personalized self-care plan

[To register click here](#)



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