



## **Developing an Enhanced Skillset for Responding to Trauma and Crisis**

### **LEARNING OBJECTIVES**

*As a Result of This Training, Participants will:*

1. Enhance their comprehension of the impact of trauma on the brain and body.
2. Improve skills for responding to victims in crisis by connecting and understanding.
3. Increase understanding for the complex needs of crisis care using trauma-informed responses.

### **UNDERSTANDING THE SCIENCE OF TRAUMA: WHAT IS HAPPENING IN THE BRAIN AND BODY?**

9am-11:30am: Trauma Overview

- Understanding the Different Brain System Responses to Trauma
- The Role of Hormones in Crisis
- Behavioral Changes

11:30-1:00: Lunch Break

### **ETHICAL RESPONSES TO FAMILY VIOLENCE AND SEXUAL ASSAULT**

1:00-3:00: Core Services for Crisis Response

- Connecting/Understanding before Analyzing/Strategizing/Implementing or Reflecting
- Active Listening Practices
- Principles of Trauma-Informed Services in Crisis