



*Lorraine E. Fox, Ph.D. presents,*

## **Understanding & Responding to Crisis and Trauma in Children**

**Tuesday Evening, March 5<sup>th</sup>, 2019 – 6:00 to 9:00 pm – El Dorado Center**

**PLEASE RSVP: [juline.aguilar@flc.losrios.edu](mailto:juline.aguilar@flc.losrios.edu) or (530)642-5659**

**What is Trauma vs a Crisis?** Resource families/foster parents, relative caregivers, adoptive families and parents face many challenges when working to heal the trauma and emotional wounds from child abuse and neglect. These challenges become more profound when called upon to walk these children and young people through times of “crisis” when confronting the results of childhood trauma. During this workshop we will examine the components of stress, crisis and trauma and explore ways in which they are similar and how they are different as well as discuss tips for responding to all three.

Discussion topics will include:

- Understanding the difference and similarities between stress – crisis – acute trauma – post traumatic stress disorder
- The stress cycle that may or may not result in a crisis
- Factors influencing development of a crisis
- Coping abilities during crisis
- Crisis intervention: The biology of stress and the need for self-control
- Establishing a plan for self-control in crisis
- Active listening as a crisis intervention
- Re-framing as a crisis intervention
- Importance of self-control of the caregiver
- Basic competencies for crisis intervention
- Trauma versus crisis
- The effect of trauma on the brain
- Treatment methods for trauma

Lorraine Fox holds a doctorate in clinical psychology and a doctoral certificate in organizational development. She is in her fortieth year working in child and youth care work and in the human services. She has been a direct service worker, a supervisor, a clinical director, an executive director and Assistant Professor. Over the course of her extensive career, she has been a sought-after presenter for Foster & Kinship Care Education programs throughout California.



**PLEASE RSVP TO ENSURE A SEAT:**  
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