



# FROM TRAUMA TO RESILIENCE: FOSTERING HOPE THROUGH TRAUMA-INFORMED CARE

Studies have shown that adverse childhood experiences and traumatic events can have a lasting, negative impact on a person's health and well-being.

This new training is designed to help you develop the unique skillset needed to support individuals who have experienced adverse childhood experiences and traumatic events.

Join the growing number of teachers, caregivers, parents, healthcare professionals and faith community leaders who have received this important education!

What participants told us they learned:

- TIC is a philosophical shift and not a diagnosis for PTSD
- ACEs are prevalent across all economic levels
- Trauma manifests into different behaviors than expected
- Teachers should teach as if all students have ACE scores

## Opportunities for Impact

### Early learning

Knowledge about ACEs can help early learning professionals better understand parent's and children's behaviors. This is especially important because interventions are the most impactful with young children.

### Faith-based

Understanding the impact of ACEs on multiple generations can help leaders and volunteers in faith-based organizations better support the mind, body and spirit of individuals, families and communities.

### Healthcare

When considering that childhood experiences influence individuals' long-term health, information about ACEs provides healthcare professionals the opportunity to better understand, assess and support patients, and prevent future health concerns.

### K-12 education

Receiving training about ACEs can help educators and administrators better understand children's behaviors, develop appropriate interventions and help prevent risky youth behaviors.

### Community and youth-serving

Understanding ACEs can help community-based and youth-serving organizations effectively serve the needs of the community by providing quality resources and referrals, and devising new strategies to manage population health.

## On-site group training options include

**Introduction to ACE and Trauma-Informed Care** (90 minutes)

**Comprehensive Trauma-Informed Care Training** (6.5 hours) Includes printed manuals for up to 30 participants (\$600 value). Additional manuals can be purchased as needed.

*Part One: Adverse Childhood Experiences (ACE) Training* (3 hours) You will:

- Gain in-depth knowledge of ACE research
- Learn about the impact of trauma on development
- Increase your understanding of working with challenging behaviors

*Part Two: Trauma-Informed Care Training* (3.5 hours) You will:

- Participate in group discussions and activities, facilitated conversations and problem solving exercises
- Learn strategies to promote resilience
- Identify practical trauma-informed care strategies

*Parts One and Two may be scheduled together or separately.*

**For more information about this on-site training, visit [gundersenhealth.org/ncptc](https://gundersenhealth.org/ncptc)**

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