

# Training

## Learn and grow with Denver Children's Advocacy Center

We specialize in supporting adults who are not mental health specialists, but who work with traumatized children - day care providers, educators, foster parents, and individuals in law enforcement and social services. We have a team of over one dozen highly trained staff members and clinicians who specialize in a multitude of topics and they will work with you to pair the right trainer that will best fit your needs.

### TRAINING TOPICS

The following topics form DCAC's core training curriculum; additional offerings can be found on our website. Workshops can be customized to the specific needs of individual organizations. We are also happy to create new topics as needed. *DCAC's trainings are available in Spanish upon request.*

\*Beginner ^Intermediate #Advanced

### Trainings On Trauma

- Trauma-Informed Care \*^#
- Trauma: Impact on the Developing Mind and Brain\*
- Invisible Trauma: The Trauma We Carry with Us Every Day\*
- Unconventional & Creative Strategies for Helping Traumatized Children and Their Families^
- Two-Generational Approach to Trauma: From Chaos and Despair to the Promise of a Brighter Future#
- Supporting Traumatized Children in the Classroom\*
- Developmental Impact of Early Adverse Childhood Experiences^
- Vicarious Trauma: The Impact on You When Working with Traumatized Children#
- Is Trauma Hereditary? The Impact of Multi-Generational Trauma^
- Toxic Love: When Offenders Enter the Family System^

### Trainings On Child Abuse & Neglect

- Signs and Symptoms of Child Abuse and Neglect\*
- Child Abuse and Neglect Prevention\*
- Internet Safety\*
- The Impact of Domestic Violence on Children During the Pandemic\*
- A Developmental-Contextual Approach to Child Sexual Abuse#
- Case Studies^
- The Impact of Maltreatment^

## **Trainings On Sexuality**

- Childhood Sexuality: From Normal to Problematic and Abusive\*
- Problematic Sexualized Behaviors: Advanced Interventions#
- How to Talk to Kids about Sexual Development\*

## **Trainings On Intervention Methods**

- Promoting Childhood Resilience through Trauma-Sensitive Yoga & Mindfulness\*
- Mindfulness and Stress Management\*
- Childhood Interrupted: A Developmentally Informed, Biologically Respectful Approach^
- Conscious Discipline\*
- Self-regulation and coping skills for children^
- Trauma-Sensitive Interventions\*
- Positive Discipline for Challenging Times\*

## **Trainings for Victim Services Professionals**

- Secondary Trauma in the Workplace\*^
- Talking to Children About Immigration Issues^
- But It's Contagious! The Impact and Effects of Working and/or Living with Traumatized Children^
- Addressing Human Trafficking of Minors\*^#
- Case Studies^
- Coping with Anxiety and Depression During Challenging Times\*
- Medical Aspects of Child Abuse and Neglect: When a Medical Examination Is Needed^

# Training descriptions

## TRAINING ON TRAUMA

### Trauma: Impact on the Developing Mind and Brain

A child's brain development is profoundly influenced by his or her experience. Adverse experiences such as abuse, neglect or exposure to violence can shape the organization of the brain, which, in turn, influences the capacity of the brain to help a child think, feel and behave. Understanding the origins of these problems and how they can be identified and addressed is one of the major challenges for professionals working with traumatized children.

### Invisible Trauma: The Trauma We Carry with Us Every Day

Working and/or living with traumatized children is challenging, rewarding, and replete with difficulties. Traumatized children have often internalized a "negative mental representation" of themselves, of caretakers, and of the world and then reenact this negative blueprint with their families, foster families, or foster-adoptive families. This may then elicit strong reactions from these caregivers. Intense transference and countertransference responses are likely to be displayed between the traumatized child and the caregivers. Understanding these responses is paramount to successfully maintain the placement of difficult children. This workshop describes and addresses the most commonly observed transference and countertransference issues in working and/or living with traumatized children. Multiple interventions are also described.

### Unconventional & Creative Strategies for Helping Traumatized Children and Their Families

Traumatized children present a multiplicity of problems and needs. It is often mind-boggling for the foster parent, the adoptive parent, the caseworker, and/or the therapist to know where to begin an attempt to turn things around in their lives.

This workshop is designed to teach a variety of goals, objectives, and unconventional treatment strategies that is geared to provide some order to an otherwise overwhelming situation. Case vignettes will be used throughout the presentation.

## TRAINING ON CHILD ABUSE AND NEGLECT

### Signs and Symptoms of Child Abuse & Neglect

This presentation focuses on the understanding of child abuse and neglect as well as the different signs/identifiers of abuse presented by children, adolescents and their families. The presentation also provides the attendees with tools to appropriately respond to a disclosure of abuse and with interventions on how to support children and adolescents through this difficult process.

### A Developmental-Contextual Approach to Child Sexual Abuse

This presentation focuses on a developmental-contextual model of understanding the impact of child sexual abuse within the context of whole life experiences. Differential outcomes, ranging from no apparent symptoms to the development of offending behaviors, will be explored within a matrix of variables relevant to the child's individual experience of and unique adaptation to the abuse. This workshop presents the work product of the Kempe Children's Center's "Perpetration Prevention Study Group." The work of the Study Group has been summarized in the book *Web of Meaning: A Developmental-Contextual Approach in Sexual Abuse Treatment*, Gail Ryan & Associates, 1999, Safer Society Press.

## Internet Safety

Participants can expect to learn about the most popular social media apps accessed by children/teens, common text language used online, and risk associated with internet usage. In addition, caregivers will learn how to build trust in relation to online activity, how to enable parental controls, and how to set boundaries for internet use. General guidelines for kids and caregivers on the "dos" and "don'ts" of the internet will also be addressed.

## TRAINING ON SEXUALITY

### Childhood Sexuality: From Normal to Problematic and Abusive

This course addresses the complexities and challenges that professionals face when attempting to understand and address many of the sexualized behaviors displayed by traumatized children. We will define what constitutes healthy, expectable, sexual behaviors in children according to different developmental stages. This course also focuses on children who have experienced disruptions in healthy sexual development and therefore manifest a wide range of sexualized behaviors, from reactive to problematic and abusive. Case examples are included to illustrate the continuum of sexualized behaviors.

### Problematic Sexualized Behaviors: Advanced Interventions

During this 3 hour training, the facilitator will go over a challenging case study. She will share with the audience the theoretical models used to assess the problematic and chronic sexualized behaviors the case presented as well as the interventions implemented. Also, she will address a variety of interventions not used- but that in retrospect could have been extremely useful. This training requires attendees to get familiarized with the case before the course.

## TRAINING ON INTERVENTIONS

### Promoting Childhood Resilience through Trauma-Sensitive Yoga & Mindfulness

Join us for a workshop gathering To learn how yoga and mindfulness practices can promote resilience and mitigate the consequences of childhood trauma. This training is designed for educators, social workers, mental health clinicians, and other professions who work directly with traumatized children, teens, and families. Training Objectives Include:

- Define childhood trauma and understand its impact on brain development
- Learn why yoga and mindfulness are effective tools for promoting resilience
- Identify essential components of trauma-sensitive yoga and mindfulness interventions
- Practice simple yoga and mindfulness exercises that are accessible, adaptable, appropriate, and effective for building resilience among traumatized people.

### But It's Contagious! The Impact and Effects of Working and/or Living with Traumatized Children

Over the past years, different names have been used to describe this phenomenon including vicarious trauma, compassion fatigue, secondary trauma, and cost of caring. All these concepts emphasize the idea that trauma is contagious and that it can be transmitted from one person to another. Working and/or living with children who have been traumatized changes the caretaker in both positive and not so positive ways. *But It's Contagious!* focuses on the internal and external changes that a caretaker is likely to experience as the direct result of their empathic engagement with traumatized children. The last segment of the presentation is used to describe different interventions to lessen the impact and effects of working and/or living with traumatized children. *But It's Contagious!* is a dynamic and interactive presentation that requires audience participation.

## Childhood Interrupted A Developmentally Informed, Biologically Respectful Approach

A child's brain development is profoundly influenced by his or her experiences. Adverse experience such as abuse, neglect or exposure to violence can shape the organization of the brain and influence the brain's capacity to think, feel and behave. Depending on the specific time in development that a traumatic event takes place, as well as the specific nature of that experience, a range of problems can arise.

## Mindfulness and Stress Management

This course will introduce and explore mindfulness practices and other stress management skills, focusing on those which can be easily used for relaxation and to diminish stress regardless of when or where. Mindfulness, or the practice of being consciously aware of our thoughts, emotions, and sensations in the present moment and without judgment, has been proven to help alleviate stress, and to improve focus, overall mental health and the ability to control our feelings, along with offering numerous benefits for our immune systems and physical health. Participants will learn about basic concepts of mindfulness and other coping strategies and will have the opportunity to join in guided practices. Time will also be allowed for reflection on personal needs and ways to incorporate mindfulness practice and self-care into daily life.

## Positive Discipline for Challenging Times

With increasing demands being placed on parents and caregivers, caring for and educating children may be more challenging than ever. This webinar aims to provide information and support to parents and caregivers through sharing positive discipline strategies, exploring Conscious Discipline, and reflecting on ways in which new strategies may be applied. Participants will learn skills and strategies to effectively support children in learning, following directions, managing emotions, and building healthy relationships in and outside the home, and in hopes of promoting increased resilience for children and their caregivers.

## VICTIM SERVICES AND CAREER TRAINING

### Secondary Trauma in the Workplace

Self care is necessary when maintaining a healthy relationship with yourself and is comprised of our body, mind and soul. However, due to the hustle and bustle of life, it is difficult to find time for ourselves. It is common that work related stress is a symptom of our inability to engage in self care. Through this training, we will uncover the specific types of stress such as Secondary Trauma and the effects it has on our everyday and professional life, along with strategies and techniques to combat the emotions which develop through Secondary Trauma.

### But It's Contagious! The Impact and Effects of Working and/or Living with Traumatized Children

Over the past years, different names have been used to describe this phenomenon including vicarious trauma, compassion fatigue, secondary trauma, and cost of caring. All these concepts emphasize the idea that trauma is contagious and that it can be transmitted from one person to another. Working and/or living with children who have been traumatized changes the caretaker in both positive and not so positive ways. *But It's Contagious!* focuses on the internal and external changes that a caretaker is likely to experience as the direct result of their empathic engagement with traumatized children. The last segment of the presentation is used to describe different interventions to lessen the impact and effects of working and/or living with traumatized children. *But It's Contagious!* is a dynamic and interactive presentation that requires audience participation.

### Coping with Anxiety and Depression

As the COVID-19 crisis extends into another year, the evolving concerns and demands that come with it may also continue to take a toll on our individual and collective mental health. Rates of anxiety and depression continue to rise and whether it is an impact on one's sleep, physical health, relationships, emotions, or everyday life, almost everyone has been changed by these new circumstances. This webinar will share information about ways to recognize and prevent symptoms of anxiety and depression during this unique time, as well as offer suggestions on how to take next steps in supporting ourselves and loved ones with ongoing stress and mental

health challenges. Participants will learn about common thinking traps, self-compassion and stress management approaches, as well as additional resources and will be encouraged to reflect on their own needs, adaptations and resilience.

### Managing Transitions

Everyone is affected by COVID19, whether impacted by the threat of uncertainty, the loss of a loved one, or the drastic changes to daily routines and ways of life. For some, current stressful events can also bring on reminders of challenging experiences from the past and the related feelings. Many are experiencing a wide range of emotions, including sadness, anxiety, anger, inadequacy, or numbness - and these can all be normal parts of grieving and the process of adapting to shifts in our lives and the world around us. This webinar will provide information about the types and effects of grief, loss, transitions and trauma, as well as offer time to reflect and explore coping strategies for both children and adults.