

Trauma Transformation Initiative

Trauma Transformation Initiative (TTI) is a new, innovative research-informed training and education initiative addressing and preventing childhood trauma for those working with, playing with and raising children.

TTI includes:

- *Healing Hearts Training Series*
- *Calm Down Kits (for children up to age 5)*
- *Coaching for professionals, schools, etc.*
- *Personal Assessment*
- *Trauma-Informed Care Guidebook*

Each of these pieces may be purchased individually or as an entire package, including the Healing Hearts Training Series. View detailed descriptions on back.

For more information please contact Gina Hernandez at

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or visit our website

Preventchildabuseenj.org/resources/trauma-transformation-series

Healing Hearts

& Improving Childhood Outcomes

Each part of this series is 1-2 hours long and can be in-person or webinar.

Trauma 101

Provides and understanding of Adverse Childhood Experiences (ACEs), other types of trauma and toxic stress and the impact of they have on the brain, body and child development. Participants will also discuss ow trauma shows up in children's behavior and share some helpful strategies.

Trauma-Informed Care

Explores how trauma and ACEs impact behavior and how those behaviors may present themselves in the classroom. Participants will learn strategies to address and respond to child behaviors related to trauma, discuss ways to create fully supportive teams within organizations, create safe and stable environments and to help children self-regulate and build resilience.

Trauma & Resilience

Provides an understanding of how resilience can serve as a buffer to trauma and identify concrete ways to build resilience in children. Participants will also examine common myths of early childhood trauma, while exploring the effects of toxic stress and trauma.

Trauma and the Importance of Self-Care

Teaches about the impact of trauma on caregivers who are tending to the needs of trauma impacted children while exploring concepts of secondary trauma, vicarious trauma and burnout. Participants will also come to understand the importance of self-care in reducing or preventing the negative outcomes of trauma.

Parent Workshop

Educates parents about ACEs and trauma and the impact they have on the brain, body and child development. Parents will learn how their parenting styles are influenced by their own experiences and will learn concrete parenting strategies to use with their children at home.