

2026-27 TRAUMA PROGRAM

Deepen your trauma awareness and practice skills to offer trauma-informed care

The Bucks-Mont Collaborative has been dedicated to increasing trauma awareness, education, and trauma-informed care in Bucks and Montgomery Counties for a decade. In these interactive workshops, we will focus on understanding the impact of trauma on the individual, family, community, and systems in which we work/serve, and practice learned skills to offer trauma-informed care.

WHO ARE THE FACILITATORS?

Trauma workshops are available through volunteer trainers, licensed through [Lakeside Global Institute](#). These individuals have completed Lakeside's Enhancing Trauma Awareness course and the 25-hour Train the Trainer course to become licensed adjunct trainers.

Thank you Melissa Groden, Deborah Harris, Nadja Mummery, and Sherry Wherry for facilitating these sessions! [Learn more about these trainers.](#)

WHO CAN PARTICIPATE?

Trauma workshops are free and open to all [Bucks-Mont Collaborative members](#). If you are not a current member, please contact [Nadja Mummery](#).

NEW APPLIED LEARNING CIRCLES (ALC)

Bridging Knowledge and Practice in Trauma-Informed Care

We have listened closely to our trauma-informed community, and your feedback has been clear: *You are looking for meaningful opportunities to practice and refine your skills in a supportive environment.* In response, we have developed a 12-month pilot of Applied Learning Circles (ALCs). These circles are designed to serve as a practical bridge, complementing each of these Trauma Workshops: 101, 102, 103, 107 & 108.

A Collaborative Foundation

The ALCs are the result of a collaborative partnership between Lakeside Global Institute and the Bucks-Mont Collaborative. ALC curriculum was developed by Lakeside-trained professionals. [Our deep thanks to these wonderful eight leaders!](#)

What to Expect

ALCs will move beyond theory into application. Each **2-hour, in-person** circle includes:

- Case Studies + Vignettes: Navigate real-world scenarios to deepen perspective and practice.
- Facilitated Dialogue: Engage in peer-to-peer learning guided by Lakeside-trained professionals.
- Supportive Resources + Tools: Walk away with materials designed to sustain your practice.

We look forward to learning, practicing, and growing alongside you as we strengthen our collective impact.

CEU ELIGIBLE WORKSHOPS

Included for Free with Your Membership!

Session	Date	
Trauma 101: An Overview of Trauma-Informed Care	September 8 10:00am-12:00pm Zoom	REGISTER
In-person ALC	September 16 10:00am-12:00pm Lakeside Global Institute, North Wales, PA	
Trauma 102: Basic Skills of Trauma-Informed Care	October 6 10:00am-12:00pm	REGISTER
In-person ALC	October 15 10:00am-12:00pm Healthspark Walton Room, Colmar, PA	
Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers	November 19 10:00am-12:00pm Zoom	REGISTER
In-person ALC	November 20 10:00am-12:00pm Lakeside Global Institute, North Wales, PA	
Trauma at the Intersection of Poverty and Discrimination	December 8 9:30am-12:30pm	REGISTER
Intergenerational Trauma: Science and Cycles	TBA Zoom	
Trauma 107: Trauma-Informed Cultural Sensitivity	TBA Zoom	
In-person ALC	TBA In-person	
Trauma 108: Trauma and Racism	TBA Zoom	
In-person ALC	TBA In-person	

SESSION OVERVIEWS

Trauma 101: An Overview of Trauma-Informed Care

[REGISTER](#)

September 8 / 10:00am-12:00pm / Zoom

Research shows that 67% of people experience childhood adversities linked to lifelong impacts. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

In-person Applied Learning Circle (ALC)

September 16 / 10:00am-12:00pm / Lakeside Global Institute, North Wales, PA

In this circle, we will integrate the themes and tools from Trauma 101 into our work and lives. We will work through guided reflection, experiential learning, and applied practice to strengthen participants' use of trauma-informed approaches.

Trauma 102: Trauma 102: Basic Skills of Trauma-Informed Care

[REGISTER](#)

October 6 / 10:00am-12:00pm / Zoom

Building on the information provided in Trauma 101, professionals expand their understanding by learning practical skills to engage with trauma-impacted individuals in healthy, supportive ways. This hands-on, interactive workshop offers tools and practice to help professionals prevent, avoid, and respond effectively to trauma.

In-person Applied Learning Circle (ALC)

October 15 / 10:00am-12:00pm / Healthspark Walton Room, Colmar, PA

In this circle, we will integrate the themes and tools from Trauma 102 into our work and lives. We will work through guided reflection, experiential learning, and applied practice to strengthen participants' use of trauma-informed approaches.

Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers

[REGISTER](#)

November 19 / 10:00am-12:00pm / Zoom

The emotional and physical cost of being an engaged and empathetic caregiver can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue, and burnout, caregivers are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

In-person Applied Learning Circle (ALC)

November 20 / 10:00am-12:00pm / Lakeside Global Institute, North Wales, PA

In this circle, we will integrate the themes and tools from Trauma 103 into our work and lives. We will work through guided reflection, experiential learning, and applied practice to strengthen participants' use of trauma-informed approaches.



SESSION OVERVIEWS (CONTINUED)

Trauma at the Intersection of Poverty and Discrimination

[REGISTER](#)

December 8 / 10:00am-12:00pm / Zoom

This training will use the concept of intersectionality to explore how poverty and discrimination contribute to trauma impact. Attendees will identify the unique challenges faced by people who experience multiple forms of oppression and develop strategies for working with people who have experienced poverty, trauma, and discrimination in a trauma-informed and culturally competent way.

Intergenerational Trauma: Science and Cycles

Date & Time TBA / Zoom

Unlock a deeper understanding of trauma and its ripple effects across generations. This session is designed for health and human services professionals and front-line staff who are curious about how past events can shape present realities. This training offers more than just information; it provides insight and empathy—by understanding the science behind intergenerational trauma, you'll be better equipped to support clients, family members, or even yourself.

Trauma 107: Trauma-Informed Cultural Sensitivity

Date & Time TBA / Zoom

Enhancing cultural competence and encouraging cultural humility is essential to increasing access and improving the standard of care for traumatized children, families, and communities. Through presentation and group interaction, identify factors that influence emotional health and learn to infuse cultural awareness at every level of support.

In-person Applied Learning Circle (ALC)

Date, Time, & Location TBA / In-person

In this circle, we will integrate the themes and tools from Trauma 107 into our work and lives. We will work through guided reflection, experiential learning, and applied practice to strengthen participants' use of trauma-informed approaches.

Trauma 108: Trauma and Racism

Date & Time TBA / Zoom

This workshop will examine racism's history, components, and impact through the lens of trauma. Topics include implicit bias and the neuroscience of bias; white privilege, colorism, and microaggressions; the intersection of racism and trauma; among other important topics. Engage in reflection and constructive conversations for consideration of action steps to take as individuals, communities and a society to challenge and change attitudes, beliefs and behaviors around race.

In-person Applied Learning Circle (ALC)

Date, Time, & Location TBA / In-person

In this circle, we will integrate the themes and tools from Trauma 108 into our work and lives. We will work through guided reflection, experiential learning, and applied practice to strengthen participants' use of trauma-informed approaches.