

2025-26 TRAUMA PROGRAM



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

WHAT CAN I EXPECT?

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, and Nadja Mummery for facilitating these sessions! [Learn more about these trainers.](#)

CEU ELIGIBLE WORKSHOPS

Included for Free with Your Membership!

Date	Session
September 25 10:00am-12:00pm	Trauma 101: An Overview of Trauma-Informed Care
October 22 10:00am-12:00pm	Trauma 102: Basic Skills of Trauma-Informed Care
November 13 10:00am-12:00pm	Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers
To Be Announced	Trauma 107: Trauma-Informed Cultural Sensitivity
To Be Announced	Trauma 108: Trauma and Racism
To Be Announced	The Trauma Impacts of Poverty and Discrimination
To Be Announced	Understanding the Intergenerational Nature of Trauma

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

SESSION OVERVIEWS

Trauma 101: An Overview of Trauma-Informed Care

September 25 | 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.

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

October 22 | 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.

Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers

November 13 | 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.

Trauma 107: Trauma-Informed Cultural Sensitivity

To Be Announced | 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.

Trauma 108: Trauma and Racism

To Be Announced | 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.

The Trauma Impacts of Poverty and Discrimination

To Be Announced | Zoom

In this training, we will strive to understand the intersectionality of poverty, trauma, and discrimination. With this understanding, we 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

Understanding the Intergenerational Nature of Trauma

To Be Announced | 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.