



One-Day Training:

Building Resilience and Healing from Trauma in Early Childhood Settings

Who Is This For?

Teachers, Teaching Assistants, Center and Home-Based Providers, Directors, Supervisors, Education/Mental Health/Disabilities Coordinators, Mental Health Professionals, Early Childhood Mental Health Consultants, Technical Assistance Providers, Early Intervention Specialists and Therapists, & others interested in promoting the social and emotional health of infants, toddlers, and/or preschoolers

About the Training

All children need a strong social and emotional foundation to support their health, happiness and success in school and life. However, young children who have experienced trauma and toxic stress are more likely to face challenges that interfere with and undermine the likelihood of their well-being and future happiness and success. Based on the most recent research, approximately 26% of children in America experience trauma before the age of four (Statman-Weil). In every early childhood setting, there is likely to be one or more children who have experienced trauma, and the teachers will not necessarily know who these children are, or the details of the trauma they have endured. This work can be draining for adult caregivers and can lead to symptoms of secondary trauma. It is therefore critical that adult caregivers of young children who have experienced trauma practice regular self-care.

The goal of this training is to raise the awareness of participants around what trauma is and what the impact of trauma and toxic stress looks like in both young children and adults. Participants will learn about the impact of early childhood trauma and toxic stress on brain development and behavior, as well as explore specific trauma-sensitive approaches and strategies and gain an understanding of how resilience building practices support healing. This presentation will also focus on the well-being and resilience of the adults who care for young children who have experienced trauma and toxic stress.

Outcomes for Participants

- Recognize the impact of risk, trauma and toxic stress
- Understand the Adverse Childhood Experiences (ACEs) study
- Define trauma and toxic stress, and recognize the impact on brain development and behavior
- Recognize the importance of resilience and protective factors as it relates to all children and adults, including those who may be healing from trauma and toxic stress
- Embed trauma-sensitive practices and resilience-building strategies into their everyday experiences with young children
- Learn simple and inspiring strategies to strengthen their own protective factors and resilience

Group Size

Pricing includes all fees for a group of up to 60 participants. For groups larger than 60, please contact Debi Mahler, Director of Professional Development, to discuss – dmahler@devereux.org, (610) 574-6141.