

# 2024 Continuing Education Symposium Series



“It is important to understand how ubiquitous trauma is in our society, what devastating effects it has on family life, workplace productivity, the ability to learn and take initiative, the ability to stay calm and focused, and the capacity to be compassionate...”

Bessel Van Der Kolk

## Trauma, Trauma-Informed Care and Mental Health : Help & Hope

*How much do you know about trauma and its impact on a person’s spiritual and emotional well-being? Did you know that persons who experience many traumas in their lives are more vulnerable to illness and shorter life spans?*

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This four-part series is designed for faith community nurses, faith community leaders, RNs and other professionals who want to learn more about trauma, trauma-informed care and mental health.

**All Symposiums will be held from 9:15 am to 1:00 pm.**

**January 18, 2024 | Virtual | Part 1: Trauma and Trauma-Informed Care: The Basics**

*We cover the definitions of trauma and trauma-informed care as well as the many types of trauma that can occur throughout the life span.*

**March 14, 2024 | Virtual | Part 2: Trauma-Informed Care: Why and How?**

*How do we recognize trauma and provide the types of care that promote healing? Too often, our efforts can re-traumatize survivors. Learn strategies you can use in your unique setting.*

**June 13, 2024 | Hybrid | Part 3: Mental Health and Trauma in Children and Youth**

*There is a mental health crisis in children and youth in the U.S. The leading cause of death in ages 10-24 is suicide. Trauma is often a contributing factor. Learn about common mental health disorders and signs indicating help is needed.*

**October 10, 2024 | Hybrid | Part 4: Trauma: Help and Hope**

*In this session learn about new research on resiliency and protective factors that we can promote in our practice and communities.*

**Register Now**

<https://www.fcntc.org/education/continuing-education-symposiums/>

or

call 651.204.0904.