

# Using a Trauma Informed Lens

PERSONALLY, PROFESSIONALLY & PURPOSEFULLY

Presented by SLO Trauma Informed Champions of Change

**Friday, April 24, 2020**

**French Hospital Copeland Health  
Education Pavilion - 3rd Floor,  
1823 Johnson Ave., San Luis Obispo, CA**

**CHECK-IN: 8:00AM - 8:30AM**

**TRAINING: 8:30AM - 4:30PM**

**6.5 contact hours (BBS & BRN)**

**Training is FREE**

**Morning & afternoon snacks, coffee, tea,  
and water will be provided.**

**Click here to register:**

**<https://sloco.wufoo.co.uk/forms/meutlkv1yjjv6sk/>**

Who should attend:

Open to the public including: Direct Care Staff, Therapists, Counselors, Resource (Foster) Parents, Social Workers, Teachers, Law Enforcement Staff, Support Staff, Agency Supervisors and Managers.

Registration, Accommodations or CEU questions?

Contact: **Caroline Johnson**

San Luis Obispo County

Behavioral Health Department

[cmjohnson@co.slo.ca.us](mailto:cmjohnson@co.slo.ca.us)

Grievance, Refunds or Cancellations?

Please contact [cmjohnson@co.slo.ca.us](mailto:cmjohnson@co.slo.ca.us) to provide you with our Grievance Policy & Procedure, Refunds & Cancellations.

County of San Luis Obispo Behavioral Health Department is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for behavioral health professionals. County of San Luis Obispo Behavioral Health maintains responsibility for this program/source and its content.

Please allow 2 weeks for completion of training and evaluation to receive certificate. San Luis Obispo Co. Mental Health Provider approved by the California Board of Registered Nursing, Provider #1857, for 6.5 contact hours. San Luis Obispo Co. Behavioral Health meets the qualifications for 6.5 hours of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences, Approval #55442.

## BACKGROUND

Trauma Informed Care (TIC) integrates core principles of neurodevelopment, trauma and attachment with mindful healing to support a comprehensive approach that can be used by clients, providers, and community members.

This training is designed to support a shift in thinking, perception, and behavior. Looking through a Trauma Informed Lens means being sensitive to the impact of trauma on others and yourself, understanding and utilizing tools to support self and others in regulating during times of stress; as well as identifying and supporting the system change needed to reduce re-traumatization. Continuing our efforts toward a Trauma Informed SLO County will enhance resilience, increase connection and support stability within our community.

## Continuing the call to action for a Trauma Informed SLO

### OBJECTIVES:

1. Increase awareness of the widespread impact of trauma and enhance understanding of at least 1 potential path for recovery.
2. Recognize 3 signs and symptoms of trauma in clients, families, staff, ourselves, and others in the community.
3. Identify 2 skills to integrate a trauma informed lens at work---in relation to ourselves and those we work with.
4. Identify 2 ways to help reduce traumatic stress in our local systems of care and community.

**TRAINERS: Julie DeFranco MSW, Michele Simone LMFT, Rebecca Parham LCSW, Sara Zepeda LCSW; Daniel Carlisle LMFT & Michelle Madgett**

