

## Fight, flight, freeze and fawn: What social service providers need to know about trauma responses

Given the amount of trauma individuals have experienced, it's crucial for social service providers to understand common trauma responses and how they may manifest. Although fight, flight, and freeze are more commonly known there is more acknowledgment of the fawn response. This training will provide an overview of these common trauma responses, how they manifest and how to clients. Not only is it important for us to understand these trauma responses it's equally as important to help clients understand how they show up in their lives and may even be impeding their functioning at home, at school and other settings.

### Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

### Learning Objectives

1. Participants will be able to describe at least 1 characteristic of the fight trauma response
2. Participants will be able to describe at least 1 characteristic of the flight trauma response
3. Participants will be able to describe at least 1 characteristic of the freeze trauma response
4. Participants will be able to describe at least 1 characteristic of the fawn trauma response
5. Participants will be to identify at least 1 strategy to support clients with the fawn trauma response

### Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

### Outline

10:00(EST) - 10:30 Introduction, trauma overview

10:30 - 11:30 Trauma stress response overview, fight overview, flight overview

11:30 - 11:45 Break

11:45 - 12:30 Freeze overview, fawn overview, talking with clients about trauma responses

12:30 - 1:00 Strategies to support clients

1:00-1:15 Closing, Q&A

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

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tkkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

### The Presenter

Nicole Kelly is a clinical psychologist who has worked with trauma survivors for 14 years. She currently consults with agencies on trauma-informed care, programming for commercially sexually exploited youth, vicarious trauma, and leadership development. Nicole has been training multidisciplinary audiences on trauma-related topics since 2015 and provides guest lectures at local universities on human trafficking. She has developed several of the training curriculums that are being utilized in Los Angeles County and throughout California to better equip social service providers on working with commercially sexually exploited youth. She has been an expert witness on commercial sexual exploitation and trauma in court. She has authored two books on commercial sexual exploitation and authored prevention and intervention curriculums for the population. In 2018, Nicole was awarded the State of California Senate Certificate of Recognition by Senator Joel Anderson.

### General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

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