

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 Social Workers Counselors
Therapists Psychiatrists 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

The webinar outline is attached. See the Live Webinar page for the start and end times.

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

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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.

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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.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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