

Strategies to Increase Trauma-Informed Parenting

With a growing awareness of trauma and trauma-informed care, there's an increased focus on trauma-informed parenting. It's important to consider trauma-informed care as parents may have unaddressed trauma and youth may have experienced trauma. Without a trauma-informed perspective, parents may lack empathy and support and may respond in more punitive manners. When parents understand trauma-informed care, they have opportunities to heal their unaddressed trauma and are able to effectively support youth on their healing journey. In this training, we'll discuss trauma-informed care principles and how we can apply them to parenting to improve the health and wellness of the family.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Participants will be able to explain how to apply trauma-informed principles to parenting
2. Participants will be able to teach parents and caregivers at least 1 trauma-informed strategy to navigate trauma triggers
3. Participants will be able to identify at least 1 strategy to build resilient youth
4. Participants will be able explain how trauma impacts attachment
5. Participants will be able to explain to parents and caregivers the importance of self-care

Seminar Schedule

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

Outline

10:00 - 10:15 AM ET Welcome and Introductions

10:15-10:45 Trauma-Informed Care Overview

- Trauma overview
- Trauma-informed principles

10:45-11:50 Applying Trauma-Informed Care to Parenting

- Parenting with a trauma history
- Recognizing parenting triggers
- Recognizing trauma triggers in youth
- Trauma reenactments

11:50-12:05 Break

12:05-2:00 Applying Trauma-Informed Care to Parenting

- Parental self-care
- Building resilient youth
- Increasing psychological safety
- Increasing emotional regulation skills
- Increasing empathic response

1:00-2:15 Closing, Q&A, evals

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Continuing Education Credit

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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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