

# Trauma is a Word, Not a Sentence: Promoting Resilience in Our Youth

January 20, 2016

12:30pm-1:45pm—Elementary

2:00pm– 3:15pm—Secondary

Presenter(s): Kristin Souers, MA LMHC

## Session Description:

Participants will be introduced to and provided with opportunities to reflect on information centered around the role that trauma plays in terms of its impact on the child; the power of relationships and the role they play in the establishment and maintenance of community safety; this professional development experience will emphasize strength-based approaches to use with students, families, fellow faculty, school personnel, and community members. Sessions will be tailored towards the developmental levels of the population being worked with.

## Intended Professional learning Outcomes:

- Participants will explore strategies for community members to utilize with children with (known and unknown) trauma histories—helping to sustain learning-ready states.