

# TRAUMA FOCUSED CAREGIVER EDUCATION WORKSHOP

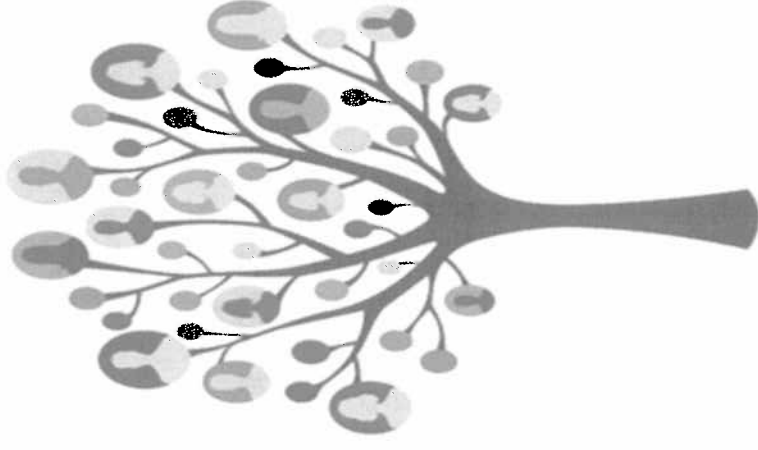
## *Caregiver Workshop Information:*

- ◆ This workshop consists of 8 weeks of education.
- ◆ Each class is 1 1/2-2 hours and is designed to build upon the foundation of the prior class.
- ◆ Attendance is very important at each session.
- ◆ Sessions are lead by a parent and clinician. The parent leader has/is raising a child/ children who have experienced trauma.
- ◆ The group is designed to have a focus on supporting each other as caregivers.
- ◆ Attendance in this group is not limited to CMH families.



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1332 Prospect Ave.  
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Caring for Children  
Who Have  
Experienced Trauma



## What can cause child traumatic stress?

Trauma can be the result of exposure to a natural disaster, sudden unanticipated death of a loved one, car fatality, medical procedures, house fires or events such as war and terrorism. Trauma may also occur if witnessing or being the victim of violence, serious injury, physical or sexual abuse, or being neglected. A child does not need to be a victim or a witness, but only related to a friend or peer to be traumatized themselves.

## ***Childhood trauma is an experience***

If a child has gone through a traumatic experience, it is normal for them to feel lots of emotions, such as distress, fear, helplessness, guilt, shame, or anger.

## Why a trauma workshop?

Children's traumas can directly affect you as well.

Dealing with trauma without the proper tools and understanding can lead to compassion fatigue – feeling numb, burned out, and unable to handle one more child's sad history.

A child's trauma-related behaviors can also bring back memories of your own that you may struggle hard to forget. Could that be why you find it so much harder to take care of this child than any other you've had in your home? What about the child who tells you about the terrible things that happened that now you can't stop thinking or dreaming about?

A child's response to trauma - and our responses - can be so severe as to disrupt a child's placement in your home.

## Goals of the Workshop

- ◆ Educate caregivers about the impact of trauma on the development and behavior of children
- ◆ To provide caregivers with the knowledge and skills needed to:
  - \* Respond appropriately to the behavioral and emotional challenges of traumatized children
  - \* Help traumatized children develop healthy attachments
  - \* Help traumatized children recognize and develop their strengths
  - \* Help traumatized children develop the coping strategies needed to grow into healthy and functional adults
  - \* Take care of themselves and seek support from others

