

## Trauma-Informed Care

*for professionals in psychology, behavioral health, and social work*

### DESCRIPTION

This two-part series will address how trauma and attachment wounds affect the brain and the human nervous system and provide opportunities to apply these concepts. **Trauma 101** covers psychoeducation in the areas of the nervous system triggers, attunement, and mindfulness, and provides an overview of polyvagal theory. **Strategies for Co-Regulation** will apply the concepts learned in **Trauma 101** in the areas of attachment wounds, trauma and the nervous system, and implement skills to improve positive relationships

### CONTINUING EDUCATION

An application has been made for 3.75 APA continuing education hours for both **Trauma 101** and **Strategies for Co-Regulation**. Participants must attend a training in its entirety in order to receive continuing education hours.

*The University of Nebraska Public Policy Center (NUPPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The NUPPC maintains responsibility for this program and its content.*

### LOCATION

Zoom

### COST

No fee to attend this training.

### REGISTER ONLINE

<https://go.unl.edu/trauma101>

### SPONSORS

Sponsored by the Nebraska Department of Health and Human Services Division of Behavioral Health Office of Consumer Affairs and the University of Nebraska Public Policy Center.



**CATHY SCHWEITZER**  
MS, LIMHP

Cathy Schweitzer specializes in treating trauma and attachment problems in children and adolescents. Cathy is a co-founder of The Cord: Where Science Meets Connection,

the Attachment and Trauma Center of Nebraska, and the Attachment and Trauma Training Center Institute, an organization dedicated to training clinicians in the EMDR and Family Therapy Integrative Team Treatment as well as training parents in the Integrative Parenting Approach. She is part of the treatment team that created the Integrative Attachment Trauma Protocol for the treatment of attachment trauma in children. She is currently studying Somatic Experiencing.



**STEFANIE ARMSTRONG**  
MS, LIMHP

Stefanie Armstrong specializes in treating trauma and attachment problems in children and adults. She is the co-founder of The Cord: Where Science Meets

Connection. Stefanie is also co-author of the Integrative Team Treatment for Attachment Trauma Protocol (IATP-C) and the accompanying parent guide, Integrative Parenting. She also helped form The Attachment and Trauma Institute, and has a deep interest in the Polyvagal Theory and Somatic Experiencing.

*This training is funded in whole or in part by funds from the SAMHSA Community Mental Health Block Grant, SAMHSA Substance Abuse Prevention & Treatment Block Grant and state funds sub-granted from the Nebraska Department of Health and Services, Division of Behavioral Health.*

## Trauma 101

### PART I

**DESCRIPTION:** Participants will understand how trauma and attachment wounds affect the brain and the human nervous system. Psychoeducation in the areas of nervous system triggers, attunement and mindfulness will be covered assisting participants in feeling more confident when supporting people who have been affected by trauma. An overview of the polyvagal theory will be discussed, assisting participants in understanding the connected state, fight/flight/mobilization, and shutdown.

**DATE/TIME:** Wednesday, September 8, 1:00pm – 5:30pm CDT

**INSTRUCTIONAL LEVEL:** Intermediate

**OBJECTIVES:**

1. Describe three ways the body and brain are impacted by trauma.
2. Identify when a person is triggered and improve ability to link the behavior to a negative belief about self and the world.
3. Identify core negative beliefs driving behavior when viewed through the trauma lens.

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## Strategies for Co-Regulation

### PART II

*Trauma 101 is a required prerequisite for Strategies for Co-Regulation.*

**DESCRIPTION:** Participants will apply the concepts learned in *Trauma 101* in the areas of attachment wounds, trauma and the nervous system and implement skills to improve positive relationships by learning specific ways to calm their own nervous systems and using co-regulation to help calm the nervous system of another person. Participants will also learn interventions to manage triggers utilizing certain interventions in the areas of attunement and mindfulness. Polyvagal interventions will be taught, assisting participants in the titration of moving from the fight/flight/mobilization and shutdown state back to the connected state.

**DATE/TIME:** Wednesday, September 15, 1:00pm – 5:30pm CDT

**INSTRUCTIONAL LEVEL:** Intermediate

**OBJECTIVES:**

1. Describe the steps of emotional attunement to help co-regulate your client.
2. Demonstrate how to calm an activated client.
3. Demonstrate the use of trauma informed language when working with a client to increase their ability to self-reflect.