



Trauma-Informed Care Training for Child Welfare Professionals

Trauma is pervasive and impacts all of us, children and adults. One way we can be responsive, healing centered, and recovery oriented in this space is to normalize that which we know is real. Building a form of care centered and informed by trauma can help promote a culture of safety, trust, empowerment and choice, and peer support. In collaboration with the Children's Commission and the Texas Health and Human Services Commission (HHSC), this document has been created to provide trauma-informed care training resources for child welfare professionals and advocates.

The training resources provided in this document were collected in a collaborative effort between the SAMHSA Mental Health Technology Transfer Center (MHTTC), the Cross Systems Trauma-informed Care initiative led by Texas Health and Human Services Commission (HHSC) and the Statewide Collaborative on Trauma-informed Care led by the Supreme Court of Texas Permanent Judicial Commission for Children, Youth and Families (Children's Commission). This information has been compiled from multiple sources and the MHTTC, HHSC and the Children's Commission cannot guarantee either the accuracy, reliability, or completeness of the information or the effectiveness of the trainings listed. The MHTTC, HHSC and the Children's Commission do not endorse any one training resource, modality, or curriculum. This document is intended to serve as a non-exhaustive list of resources as the field continues to change and evolve regarding trauma. This document is up to date as of December 2020.

Training Resources

A Home Within - [Addressing the Impact of Trauma Series](#) (FREE) - Online core trainings on addressing the impact of trauma with separate modules applicable to infants, young children, school age children, teens and young adults, trauma-informed care in schools, anxiety in childhood and adolescence and information about therapy.

Center for Adolescent Studies - [Trauma Toolkit Certificate for Youth Providers](#) (Cost Associated) - A three course certificate toolkit including Trauma Basics for Youth Workers, Trauma-informed Care for Professionals Working with Youth, and Advanced Trauma-informed Care Toolkit for Youth Workers. Course may be taken separately or together.

Center for Advanced Studies in Child Welfare - [Secondary Traumatic Stress](#) (FREE) - This module introduces secondary traumatic stress (STS) and its impact on the child welfare system and workforce.



Circle of Security International - [Circle of Security Parenting](#) (Cost Associated) - COSP™, Core Sensitivities, & Intensive Trainings for providers and clinicians working with high-risk families to help caregivers connect with the children in their lives.

Echo Online - [Trauma & Resilience Course](#) (Cost Associated) - Echo brings you an introductory course modeled after our one-day training on trauma for those professionals working with children and families who want a solid grounding in this cutting-edge subject. This course covers: The impact of trauma on the body and the brain, Adverse Childhood Experiences Study, Survival responses, Impact of trauma on behavior and relationships, Emotional regulation strategies, Trauma-informed care.

Karyn Purvis Institute of Child Development – The Karyn Purvis Institute of Child Development (KPICD) strives to help children suffering from the effects of early trauma, abuse and/or neglect. We conduct research to deepen understanding about the complex needs of these children and how to help them overcome social, behavioral, and emotional challenges. Through various outreach initiatives, we train professionals in Trust-Based Relational Intervention (TBRI)®, a research-based, holistic model developed by Dr. Karyn Purvis and Dr. David Cross.

[Trust-Based Relational Intervention Practitioner Training](#) - TBRI® Practitioner Training is for professionals who want to learn about Trust-Based Relational Intervention® and use it within their professional capacity (e.g., therapists, caseworkers, foster and adoption care specialists, occupational therapists, medical professionals, counselors, CASA representatives, early childhood & development specialists). This core training experience is designed to prepare practitioners for working with children, families, and in systems of care impacted by trauma. After successful completion of the TBRI® Practitioner Training, all TBRI® Practitioners may train within their organization using the TBRI® Caregiver Training Package.

[Trust-Based Relational Intervention® 101: Self-Guided Course in Trust-Based Relationships Collection](#) (Cost Associated) - TBRI® 101: A Self-Guided Course in Trust-Based Relationships is a series of self-paced, whiteboard-style video lessons. This course offers an informal, yet thorough approach to TBRI®, an evidence-based intervention for children from hard places of abuse, neglect, and/or trauma.

National Child Traumatic Stress Network (NCTSN) Learning Center - The NCTSN Learning Center provides hundreds of free education and training resources in the areas of assessment, treatment and services, training, research and evaluation, and organizational and systems change for traumatized children,



adolescents, and their families. Continuing education credits are available for many courses in this expanding online catalog that has been developed for mental health professionals, parents and caregivers, policymakers, and others who work with and care about children and adolescents.

[Child Welfare Trauma Training Toolkit \(CWTTT\) 3.0 \(FREE\)](#) - CWTTT a training series designed to support the infusion of trauma-informed knowledge and skills into child welfare organizational cultures. This toolkit contains targeted training for various levels and roles, resulting in positive sustainable changes in the policies, programs, and practices which lead to better outcomes for children, youth and families.

[The 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families \(FREE\)](#)

- This course contains interactive online lessons that lead you through the 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families. These concepts help learners to create a trauma lens through which they can view and better comprehend the effects of traumatic experiences and losses. In these interactive lessons, learners will walk through each concept, its definition, and practical examples and tips that illustrate the concept.

National Children's Advocacy Center (NCAC) – The NCAC Virtual Training Center (VTC) offers a wide range of FREE online training opportunities for child abuse professionals. NCAC VTC includes live and archived Webinars and Recorded Trainings.

[Creating a Trauma Informed Multidisciplinary Team \(FREE\)](#) - In this workshop, participants will look at recent research on child trauma. We will also explore the effects of trauma on MDT professionals and how trauma might affect team functioning. Additionally, we will discuss ways to use this information to examine current processes and create a more trauma informed MDT.



[Managing Vicarious Trauma](#) **(FREE)**- This session focuses on techniques and practices which appear useful in managing the impact of vicarious trauma on the life of the child abuse professional. The techniques include those which individuals and agencies can employ to keep workers fresh, able to react to both the clients and the job, and maintain a career working with and for abused children and the adults who share and influence their lives.

[Secondary Trauma](#) **(FREE)** - Secondary trauma can take many forms, some of them quite visible and others more obscure. Even the person experiencing secondary trauma may not recognize the symptoms or identify them as something resulting from their work. How do we know when our staff members, our volunteers, or we personally are experiencing secondary trauma? This workshop will explore the phenomenon of secondary trauma and discuss current strategies for mitigating the secondary post-traumatic stress response.

[Strengths-Based Trauma-Informed Services](#) **(FREE)** - Learn about strengths-based interventions that can be utilized in day-to-day work with youth and families who have been impacted by interpersonal trauma. Specific interventions that target stabilization, recovery, and prevention will be highlighted.

TEND Academy – TEND offers resources and training to address the complex needs of high stress, trauma-exposed workplaces. TEND supports everyone on the team – front line workers, supervisors and managers and support staff, all of whom need concrete, evidence-informed tools and strategies to empower them and their organizations.

[Compassion Fatigue 101](#) **(Cost Associated)** - Compassion Fatigue 101 is an online course that explores the essentials of Compassion Fatigue – a normal consequence of working in a helping field.

[Organizational Health in Trauma-Exposed Environments Online Course: Essentials](#) **(Cost Associated)**
- Intensive online course designed for managers and supervisors of teams working in high stress, trauma-exposed environments such as healthcare, the criminal justice sector, social and human services, emergency response, armed forces, education, child welfare, community mental health, non-profit organizations and related services.

[Resilience in Trauma-Exposed Work Online Course](#) **(Cost Associated)** - This workshop will provide a solid framework to understand the mechanisms of stress and resilience within trauma-exposed environments, and will introduce practical, best-practices approaches to increasing resilience and enhancing individual wellness and organizational health



Texas Department of Family Protective Services (DFPS) - [DFPS Trauma-Informed Care Training](#) (FREE) -

This training is a free resource for child welfare system caregivers, professionals, advocates, stakeholders and members of the public who are interested in learning about the impact of trauma.

Texas Lawyers for Children - Texas Lawyers for Children (TLC), a program of the Child Protection Connection®, protects the rights of abused and neglected children in the courts, the community, and the legislature. TLC engages in legal and legislative advocacy, legal education efforts, and public awareness events -- all with one goal -- to protect the legal rights of abused children and improve their court case and life outcomes.

[Judicial Summit: Understanding Trauma](#) (Cost Associated) - Improving Outcomes for Children & Youth in Care - The Texas Judicial Summit features speakers from multiple disciplines, to help judges, attorneys, and others in the child welfare system to understand the impact of trauma on children and improve outcomes for abused children and youth in the civil court cases that determine every aspect of their future in the child protection system.

[Legal Professional Trauma Training](#) (Cost Associated) – This program discusses the impact of trauma on children and the effect responses and decisions by adults have on children's recovery and case outcomes. It also focuses on how to provide children with the tools they need for healing and how to prevent re-traumatization of children in our child welfare and juvenile justice systems and ways professionals can transform the system to one that is trauma-informed. Additionally, former foster youth participate in the training to share their experiences.

The Annie E. Casey Foundation - [ARC Reflections Training Program](#) (FREE) - Because foster parents play a critical role in supporting children in foster care, who often have experienced trauma, the Casey Foundation developed ARC Reflections, a nine-session program that child welfare agencies can use to train foster parents to better care for children who have had traumatic experiences.

See also Trauma-Informed Care Training Resources for Caregivers, Juvenile Justice Professionals, Legal Professionals, Mental Health Professionals, Victim Services Professionals, Schools, and Anti-Racism.