



“Thank you to CYC and to Dr. Booth for raising awareness about the impact of trauma on children in our school.”

—PARTICIPANT

Training Workshops

Understanding and Addressing Trauma in Our Youth

Schools play a key role in supporting the health and well-being of youth, including those affected by traumatic experiences. Created to support the professionals who directly serve our most vulnerable, this series of CYC trainings supports an understanding of trauma and its impact on youth, families, and school personnel. Designed to promote empathy and resilience, these trainings provide context, resources, examples, and strategies for educating school personnel and community members about trauma. They also demonstrate how to implement universal trauma-informed approaches.

AVAILABLE TOPICS

Trauma 101

The first in our series, Trauma 101 provides an introduction to trauma and how it surfaces in the classroom using Providence and Central Falls as case studies. This training will provide basic information about neurobiology and the direct manifestation of trauma. Participants will discover the impact of increasing empathy and identifying and praising empathetic behaviors in our students.

Asset Based, Mindset, and Classroom Strategies

Building on the lessons of Trauma 101, this training focuses on de-escalation. Participants will explore the experiences of traumatized students and practice the evidence-based skills necessary to creating trauma-sensitive learning spaces individualized for all students.

Self-Care and Secondary Trauma

When reflecting on the trauma our students experience, we must also address the impact of secondary traumatic stress on the adults supporting these students. During this training, participants will reflect on stressors and learn about self-care strategies that can be utilized and how to help mitigate them—not just in relation to a particular event.

Historical Trauma

Experiences shared by entire communities and their members can result in cumulative emotional and

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About Our Training Team

Our team is led by Dr. Booth, a Licensed Mental Health Counselor in private practice and at Brown University. Dr. Booth's areas of expertise include: the impact of trauma on the mental health of communities and individuals of color, effective strategies for educating students with behavioral health concerns and trauma, cultural competency, self-care/reducing burnout, and the recruitment and retention of mental health clinicians of color.

With his guidance, we've crafted this portfolio of trainings on how to use relevant, actionable, and proven techniques to support your work.

“Dr. Booth was so engaging and interesting to listen to that the time flew... The information he presented was so useful, so insightful, and so necessary given the population we serve.”

—ATTENDEE

psychological wounds that are carried across generations. Historical trauma is not just what happened in the past, it is about what is still happening, such as oppression, racism, and poverty. The persistent cycle of trauma threatens the vibrancy of families and communities. This training will begin to unpack how this affects our youth and talk through ways to improve our environments to help our students and communities.

Understanding Separation, Loss, and Grief

With more than 90% of students in Providence and Central falls having experienced high levels of loss and/or separation, the skills to handle grief in the classroom are crucial. This training lays out how grief, loss, and separation can impact a person at each developmental stage and covers strategies for supporting youth who have experienced loss. Participants will gain a better understanding of the classifications of loss as well as the causes of PTSD.

Responding to Students Exposed to Trauma: A Teacher's Toolkit

On average, Providence and Central Falls youth experience seven different exposures to trauma in their young lives. Traumatizing events can take a serious emotional toll on those involved, even if the event did not cause physical damage. This can have a profound impact on the individual's identity, resulting in negative effects in mind, body, soul and spirit. This workshop will support empathetic instruction by providing participants with coping skill strategies to support youth in the classroom.

Building School Culture & Climate Through Trauma Informed Instruction

Schools have an important role to play in providing stability and a safe space for students. In addition to serving as a link to supportive services, schools can adapt systems to better meet the educational needs of their students. This workshop will support building school culture and climate through trauma informed instruction.

For More Information

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