



5 B's of Trauma: **Exploring How Trauma Impacts 5 Areas** **of Development and How to Support** **Healing for Your Child**

***A Four-Part Virtual Training Series for
foster, adopt, and kinship caregivers***

**Wednesdays: November 18,
and December 2, 9, & 16
7:00 pm to 8:30 pm CST**



When children experience trauma and adversity early in life, it can impact them across various developmental areas. In this training, we will explore what those areas are: brain, biology, behavior, body, and beliefs. We will also explore what common symptoms may look like for each area and will brainstorm ways to provide practical support to our children and teens so that they can heal, grow, and thrive.

Session 1 - Wednesday, November 18

Brain & Behavior:

Many of us know that trauma impacts brain development. We will dive deep in exploring how that shows up, and how to support children with the struggles that they may encounter, even when their trauma occurred before they were born.

Explore the various ways that trauma shows up as behavioral struggles for our children, and how to support them. We will consider some of the more common and some less considered ways that behaviors are actually symptoms of trauma, and how it ties into brain and body impacts.

See Page 2-3 for additional session information and registration

Session 2 - Wednesday, December 2

Bodies:

When children experience adversity and trauma, it changes the ways that their bodies develop and operate.

Session 3 - Wednesday, December 9

Biology:

The functional capacities of our bodies are impacted when trauma occurs in a child's life. We will explore how things like sleep, metabolism, gastrointestinal issues, and more may be impacted; and will also learn about how trauma may be passed through generations by epigenetics (the passing of trauma via DNA changes).

Session 4 - Wednesday, December 16

Beliefs:

Early adversity and trauma can significantly impact and shape the way a child views themselves, adults, and the world. In our final session we will dive deeper into how these core beliefs may shape future behaviors and drive many of the challenges that our children experience into the future. We will consider ways to identify if these beliefs are impacting a child negatively, and how to seek appropriate supports for them.



See Page 3 for additional session information and registration

Meet out presenter, Sinead Love

Sinead Love has worked as a therapist at Harmony Family Center in TN since 2018, dedicating her career to serving children and families in a variety of therapeutic roles, including 7+ years of providing family therapy to adoptive/guardianship families, as well as offering many trainings to parents and the community. She coordinates Therapeutic Day Camps and Rainbow Camp offerings at Camp Montvale.

Sinead has been trained in many therapeutic modalities including SMART, NMT Phase 1, EMDR, and play therapy. She has experience providing therapy in school, community and juvenile justice settings, and has a focus on serving LGBTQ+ youth and their families.

She holds a MS in both Clinical Mental Health Counseling & School Counseling from UTK, and received a certificate in Grief, Trauma, and Loss. Sinead has lived experience as a therapeutic foster parent, and adopted a teen this summer.



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This **FREE** virtual training opportunity for foster care providers, kinship caregivers, adoptive parents, & child welfare professionals. Continuing education credits available for ND foster care providers and social workers.



The UND Children and Family Services Training Center sponsors all of our Foster Care Provider trainings through a grant from the North Dakota Department of Health & Human Services, Children and Family Services Section.