

TRAUMA 101

Part 1: Definition & Effects

January 28, 2016 12:00-3:00

Location: University Center UC 304 (UoMem)

Part 2: Trauma Informed Care

February 25, 2016 12:00-3:00

Location: The Urban Child Institute



Helping professionals are regularly called to work with clients who have been exposed to traumatic events such as violent crime, natural disasters, domestic violence, and child abuse. Such traumatic experiences create a disequilibrium that can result in mental health conditions including (but not limited to) acute stress disorder and posttraumatic stress disorder. The two part DCI training Trauma 101 will address effective ways helping professional can serve clients who experience traumatic events. Emphasis is placed on the impact of trauma and urban poverty on individuals, children, and families.

Topics Include:

- *Definitions and Historical Context*
- *Impact of Trauma & Urban Poverty on Children and Families*
- *Trauma Informed Approaches*
- *Psychological First Aid*
- *Helping Clients Impacted by Trauma & Urban Poverty*

Presenter: Catherine A. Simmons, Ph.D., L.C.S.W. is an Associate Professor in the Department of Social work at the University of Memphis. Prior to joining academia, Dr. Simmons spent 10 years as a military social work officer leading family violence, substance abuse and mental health programs. The author/editor of two books and over 50 professional papers, her research interest include strengths based social work practice, family violence, and issues pertaining to gender, trauma, and violence.



Register: <http://www.eventbrite.com/e/trauma-101understanding-impactassessing-health-and-promoting-wellness-tickets-20708047327>

Contact: Christy Peterson 901 678 1615 Cpetrsn@memphis.edu for questions