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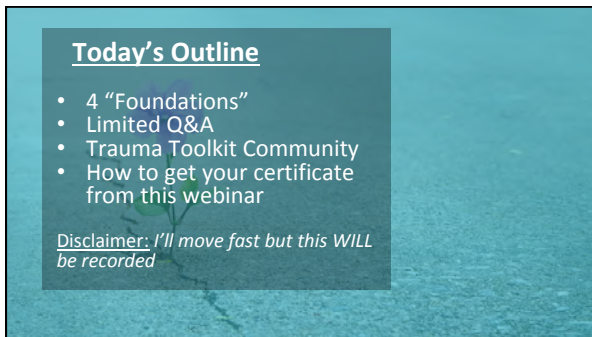
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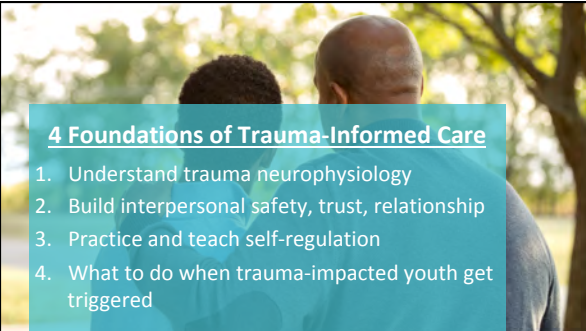
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**4 Foundations of Trauma-Informed Care**

1. Understand trauma neurophysiology
2. Build interpersonal safety, trust, relationship
3. Practice and teach self-regulation
4. What to do when trauma-impacted youth get triggered

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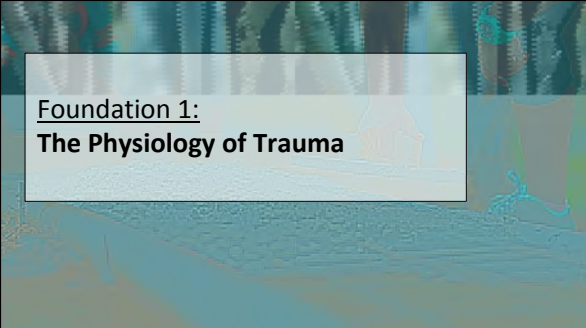
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**Foundation 1:  
The Physiology of Trauma**

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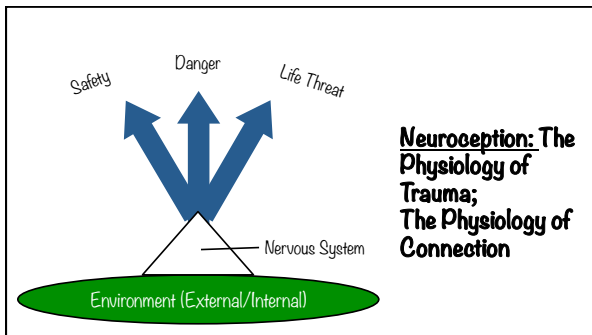
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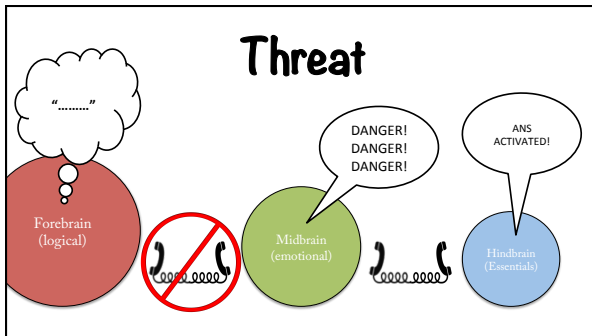
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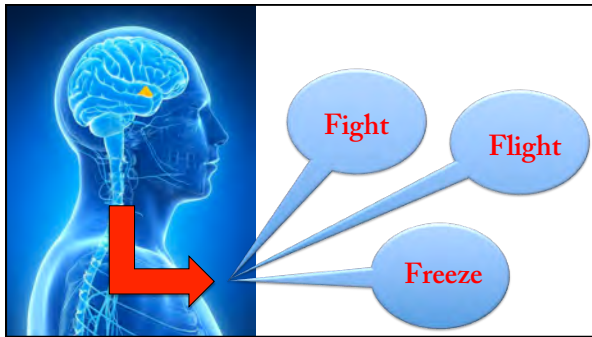
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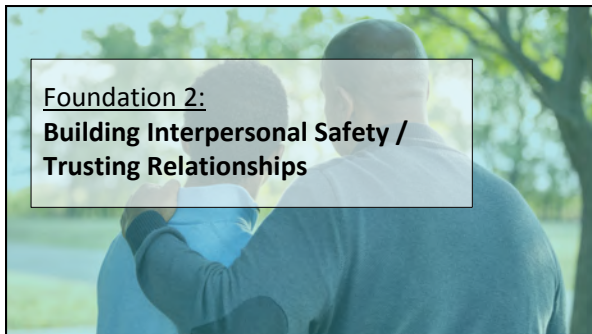
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**The “Bedrock” of Trauma-Informed Care, whether you just starting out or have been in the field 25 years...**

I am the Executive Director for an organization that brings trauma-informed, mindfulness-based, social emotional learning curriculum to schools in a large urban school district. I have over 25 years of experience working with at-risk youth, my dissertation for my Ph.D. was on at-risk youth, and I taught at the University level for over a decade working with teachers. I have a post-doctoral certification in trauma counseling and, Dr. Himelstein's trauma courses were the best and most informative courses I have ever taken on this topic. I learned a TREMENDOUS amount from Dr. Himelstein's course content, from his life experience that he shares, and more importantly how to connect with traumatized youth to build authentic relationships. The courses are extremely well-organized, incredibly thought-provoking, filled with relevant materials, and extremely practical when working with students or youth with trauma histories. I now consider Dr. Himelstein one of my greatest mentors, and strongly believe that anyone working with youth who have experienced trauma must take these courses. I cannot recommend any course I have ever taken with more conviction and passion. Let's put it this way, if you work with traumatized youth and don't take Dr. Himelstein's courses, you are missing some of the most critical information you need to connect with the youth you serve.

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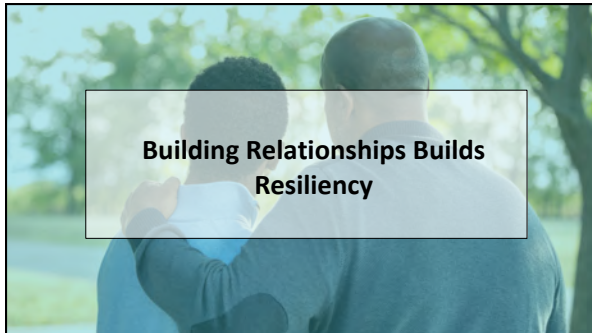
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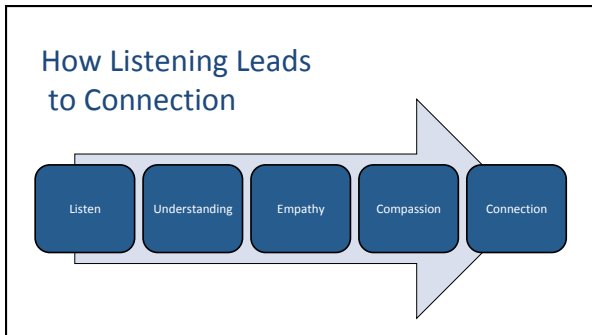
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### 2) Skillful Self-Disclosure

1. Use to humanize the self
2. Boundaries are important
3. What does "skillful" mean?

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### 3) INCRA

- Inherently
- Non-
- Clinical
- Relational
- Activity

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Foundation 3:  
**Practice and Teach Self-Regulation**



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What is Mindfulness?



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4 Mindfulness Myths

**“I can’t practice mindfulness because...”**

1. “I can’t meditate.”
2. “I can’t calm down.”
3. “I can’t clear my thoughts.”
4. “Meditation is the only way to practice mindfulness”

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### 3 Steps for Mindful Breathing

- Step 1: Set the right intention: Develop equanimity
- Step 2: Choose an “anchor”
- Step 3: Remember basic instruction

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### Mindful Breathing (Meditation)



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### Mindful Breathing Beyond Meditation

**T.** Take a breath  
**A.** Acknowledge  
**P.** Proceed      **“TAP-In”**

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Foundation 4:  
What do to when Trauma-  
Impacted Youth get triggered



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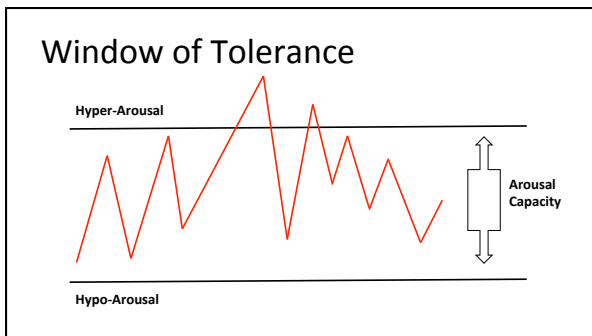
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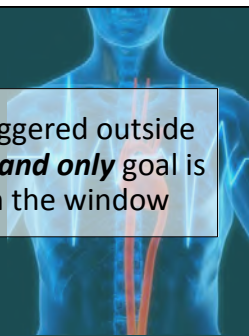
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When someone is triggered outside  
the window, the **first and only** goal is  
to get them back in the window



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## Remember the INCRA?

### Special Role of Somatic INCRA's

- Going for a walk
- Exercise
- Sports
- Listening to music
- Dancing
- Singing
- Etc.



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### Foundation 5 (bonus!):

## The Importance of Self-Care

#### Prevent...

- Burnout
- Compassion Fatigue
- Vicarious Trauma

#### Facilitate...

- Personal Growth
- Improve Skillsets
- Happy and purpose life



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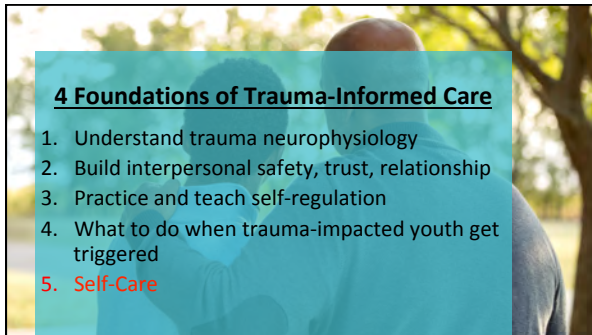
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## 4 Foundations of Trauma-Informed Care

1. Understand trauma neurophysiology
2. Build interpersonal safety, trust, relationship
3. Practice and teach self-regulation
4. What to do when trauma-impacted youth get triggered
5. Self-Care



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# Q&A

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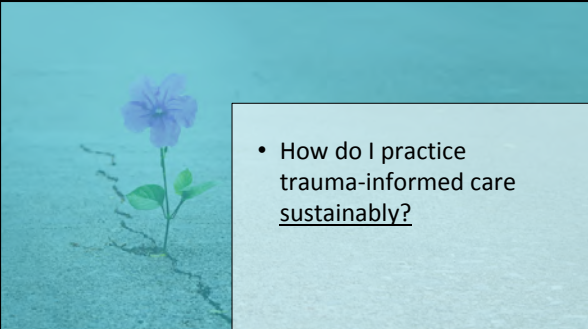
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- How do I practice trauma-informed care sustainably?

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Introducing...

**The Trauma Toolkit Community**

An online community to help you learn, practice, and teach real trauma-informed care. Our goal is to help you help trauma-impacted populations to the best of your ability.



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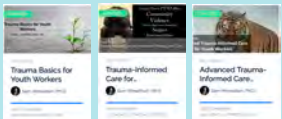
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**The Trauma Toolkit Community includes...**

- The 3 courses of the 30-hr Trauma Toolkit Certification for Youth Workers
- Monthly live calls/webinars...for LIFE!!!!
- Certificates and CE for all courses and calls!

Monthly Calls rest of 2020

- 8/21/2020
- 9/18/2020
- 10/16/2020
- 11/13/2020
- 12/11/2020

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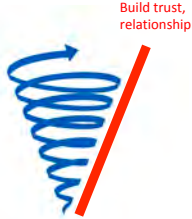
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**Monthly calls: The deeper value**

- This is where we learn and practice, over and over again




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**Value and Cost**

- 30-hr Toolkit Value: \$900-1000
- Consultation: \$190 - \$250
- Trauma Toolkit Cost:
  - ~~\$750~~ or four payments of ~~\$210~~
  - **\$650 or four payments of \$175 until tomorrow night at 11:59pm PST**



<https://courses.centerforadolescentstudies.com/trauma-toolkit-community/>

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Getting Certificate for  
this training



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