



## **Foundations of Trauma, Resilience and Healing-Centered Strategies Introduction**

Developed by the New Jersey Department of Children and Families' (DCF) Office of Resilience, this 8-hour training covers trauma-informed principles, concepts of resilience, trauma-informed approaches and healing-centered strategies. The prevalence and effects of trauma on children and adults will be explored.

The training will discuss the impact of Positive and Adverse Childhood Experiences (PACEs) and how Positive Childhood Experiences (PCEs) can help to mitigate the impact and promote healthier outcomes for families. Participants will be introduced to trauma-informed approach principles and implementation domains, a model for being healing-centered as presented by the Substance Abuse Mental Health Services Administration (SAMHSA) and

The objectives of the training are to:

- Define types of trauma
- Explain neurobiology of trauma and the impact on development and functioning
- Describe toxic stress and the impact on communities
- Discuss Positive and Adverse Childhood Experiences (PACEs) and outcomes
- Define resilience and review resilience factors
- Explore the intersection of trauma and resilience
- Illustrate trauma-informed and healing-centered principles and applications

The training is designed to be facilitated in two 4-hour modules. It is recommended to be held over a minimum of two sessions to allow participants time to process the content and explore practical applications of the materials presented. The agenda topics for the modules are as follows:

### **Day 1**

- Definition of Trauma
- Types of Trauma
- Trauma Experiences
- Neurobiology of Trauma
- Trauma Effects
- Positive Childhood Experiences (PCEs)

### **Day 2**

- Resilience
- Regulation/Coregulation
- Vicarious Trauma/Compassion  
Fatigue/Burnout
- 7Cs of Resilience
- Continuum of Trauma-Informed Care
- Healing-Centered Practices

Please contact [dcf.officeofresilience@dcf.nj.gov](mailto:dcf.officeofresilience@dcf.nj.gov) for more information on how to receive the training or to become a certified trainer of this foundational course.