

LAKESIDE  
GLOBAL INSTITUTE

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“Children’s exposure to Adverse Childhood Experiences is the greatest unaddressed public health threat of our time.” - Robert W. Block, MD, FAAP, immediate past president of the American Academy of Pediatrics.

**Luzerne-Wyoming Counties  
System of Care Initiative presents:**



**Trauma 102:  
Basic Skills of Trauma-Informed Care**  
A Free Training provided by Lakeside

- ◆ Session 1 - Friday, July 20, 2018, 1:30 pm - 4:00 pm.
- ◆ Session 2 - Monday, July 30, 2018, 9:30am - 12:00pm.
- ◆ Session 3 - Monday, July 30, 2018, 1:00pm - 3:30pm.

**Sessions to be held at:  
Luzerne County Community College  
Educational Conference Center, Building #10  
1333 South Prospect Street, Nanticoke, PA**



## Program Outline

**Overview:** Building on information provided in Trauma 101, professionals expand their understanding of trauma and are provided specific skills that enhance abilities to interact in emotionally and relationally healthy ways with people impacted by trauma. As professionals become trauma-aware, they have a responsibility to prevent, avoid and respond to trauma. In this hands-on, interactive workshop professionals are provided opportunities to implement and practice the skills presented.

**Target Audience:** This free workshop is for the General Workforce. It is designed to provide information to all staff, beginners level or refresher course.

**Workshop Topics:** Review of 101, Personal Safety Plans, Dr. Bruce Perry's Regulate-Relate-Reason, HUG (Hear-Understand-Give Back), RESSQ (Reassure-Explain-Share-Solve-Question), Application of HUG and RESSQ, Intentional Breathing

## Registration

All three sessions will provide identical information. Space is limited to 50 individuals per session. Registration is on a first come/first serve basis. Early registration is encouraged.

Please identify the session number you are selecting and if you require LSW credits which are available at no cost:

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- ◆ **Session 3 - Monday, July 30, 2018, 1:00pm - 3:30 pm.**

To register for this free workshop, please email Kelly Kohl at [kelly.kohl@luzernecounty.org](mailto:kelly.kohl@luzernecounty.org) or 570-408-1347.

*Please include* the spelling of your name as it should appear on your certificate, agency/affiliation, email address, phone number, which session you prefer and if you require LSW credits.

Food and Beverages will be served at each session

***For more information, please contact Joe Kloss at [joseph.kloss@luzernecounty.org](mailto:joseph.kloss@luzernecounty.org) or 570-408-1332***