

BRAIN DEVELOPMENT, TRAUMA, AND ATTACHMENT

DATE & TIME: **March 22, 2023 (Wednesday)** **9:00AM - 4:00PM**

All participants must log into the training at least 15 minutes prior to the training start time.

PLACE: **Web Broadcast – Microsoft Teams**
(Please register for this training by using the link at the bottom of this bulletin)

This training provides a general understanding of how early experiences, such as attachment relationships and trauma impact brain development and functioning. Participants will learn how the impact of trauma on the brain translates into challenging behaviors and maladaptive social patterns noted in children. Reflection activities are introduced to assist participants identify stress responses and to promote strategies for co-regulation of emotions in parent-child relationships. Learning opportunities offer application of knowledge about attachment, which support parent-child relationships, and help children heal following traumatic experiences. This training incorporates reflective practices relevant to understanding, engaging, and serving children/their families from diverse cultural backgrounds.

TARGET AUDIENCE: This training is designed for mental health providers currently working with children ages birth to five.

OBJECTIVES: **As a result of attending this training, participants should be able to:**

- 1) Discuss how brain development sets the foundation for cognitive and social-emotional functioning throughout the lifespan.
- 2) Define early experiences, of either healthy relationships or trauma and neglect, the impact on brain development, and how this presents clinically.
- 3) Explain how traumatic events are encoded/remembered by young children.
- 4) Develop a cultural lens when treating clients with trauma and attachment disruption.
- 5) Recognize the knowledge of stress responses to help families understand their children's behavior and to promote co-regulation of emotion in parent-child relationships.
- 6) List at least two attachment-based interventions that support parent-child relationships and children's social-emotional well-being.

CONDUCTED BY: **Lisa Althen, Ph.D. and Lynette Lau, PhD**

COORDINATED BY: **Prevention Services Division/Family and Community Partnerships**
FCPTrainings@dmh.lacounty.gov

DEADLINE: **When capacity is reached**

CONTINUING **6.0 hours for BBS, BRN, CCAPP-EI**
EDUCATION: **CE's for Psychologist**

COST: **NONE**