



Trauma-Informed Care Training for Caregivers

Trauma is pervasive and impacts all of us, children and adults. One way we can be responsive, healing centered, and recovery oriented in this space is to normalize that which we know is real. Building a form of care centered and informed by trauma can help promote a culture of safety, trust, empowerment and choice, and peer support. In collaboration with the Children's Commission and the Texas Health and Human Services Commission (HHSC), this document has been created to provide trauma-informed care training resources for caregivers (LMHA, CASAs, etc.)

The training resources provided in this document were collected in a collaborative effort between the SAMHSA Mental Health Technology Transfer Center (MHTTC), the Cross Systems Trauma-informed Care initiative led by Texas Health and Human Services Commission (HHSC) and the Statewide Collaborative on Trauma-informed Care led by the Supreme Court of Texas Permanent Judicial Commission for Children, Youth and Families (Children's Commission). This information has been compiled from multiple sources and the MHTTC, HHSC and the Children's Commission cannot guarantee either the accuracy, reliability, or completeness of the information or the effectiveness of the trainings listed. The MHTTC, HHSC and the Children's Commission do not endorse any one training resource, modality, or curriculum. This document is intended to serve as a non-exhaustive list of resources as the field continues to change and evolve regarding trauma. This document is up to date as of December 2020.

Training Resources

A Home Within - [Addressing the Impact of Trauma Series](#) (FREE) - Online core trainings on addressing the impact of trauma with separate modules applicable to infants, young children, school age children, teens and young adults, trauma-informed care in schools, anxiety in childhood and adolescence and information about therapy.

Circle of Security International - [Circle of Security Parenting](#) (Cost Associated) - COSP™, Core Sensitivities, & Intensive Trainings for providers and clinicians working with high-risk families to help caregivers connect with the children in their lives.

Echo Online - [Parenting Class Series: Trauma Informed Non-violent Parenting](#) (Cost Associated) - 10-class parenting series draws on the latest scientific research on brain and child development, as well as the effects of childhood toxic stress to help parents communicate and deepen their relationship with their child. Also available in Spanish.

Karyn Purvis Institute of Child Development - [Trust-Based Relational Intervention® 101: Self-Guided Course in Trust-Based Relationships Collection](#) (Cost Associated) - TBRI® 101: A Self-Guided Course in Trust-Based Relationships is a series of self-paced, whiteboard-style video lessons. This course offers an informal, yet thorough approach to TBRI®, an evidence-based intervention for children from hard places of abuse, neglect, and/or trauma.



[Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities \(MHW-IDD\) - Trauma Informed Care for Individuals with IDD Module \(FREE\)](#) - Multiple MHW-IDD training modules are available to a variety of people including healthcare professionals, support providers and caregivers who support individuals with intellectual and developmental disabilities (IDD) and behavioral health needs. This module teaches the effect of trauma on people with IDD and how to use a trauma-informed care approach with the people you support. The trauma-informed care approach looks at challenging behavior in a new way and emphasizes the importance of supporting mental wellness. MHW-IDD training modules are also offered with CE credit for a fee.

[National Child Traumatic Stress Network \(NCTSN\) Learning Center](#) - The NCTSN Learning Center provides hundreds of free education and training resources in the areas of assessment, treatment and services, training, research and evaluation, and organizational and systems change for traumatized children, adolescents, and their families. Continuing education credits are available for many courses in this expanding online catalog that has been developed for mental health professionals, parents and caregivers, policymakers, and others who work with and care about children and adolescents.

[Attachment Vitamins: Interactive Course on Early Childhood Attachment, Stress and Trauma \(FREE\)](#) - The Attachment Vitamins online course is an interactive, self-paced e-learning course for those adults who often find themselves in the company of children aged zero to five and their families, including professionals such as early childhood educators and child care providers, public health workers, nurses and other medical providers, and case managers; and also for the caregivers of young children themselves. In these interactive lessons, learners will walk through concepts such as understanding a child's context, what attachment is, temperament and parenting style, trauma exposure in young children, mental health concerns, cultural considerations, and self-care tips.

[Resource Parent Curriculum \(FREE\)](#) - Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents. The NCTSN Learning Center hosts a centralized resource for providers and resource parents who are using or interested in using the curriculum in their communities.

[STARR Commonwealth - Children of Trauma and Resilience \(FREE\)](#) - Children of Trauma and Resilience introduces participants to a trauma-informed and resilience-focused mindset and teaches participants about toxic stress and trauma, how to help process those experiences, and how to foster and nurture characteristics of resilience. This course begins with a strong focus on resilience and includes an exploration of how core values and beliefs direct the way professionals work with children. The four universal needs of all human beings as explained by the Circle of Courage model including belonging, mastery, independence, and generosity are explained and discussed. Participants learn about the experience of trauma as one that impacts a person's body and shown a demonstration of trauma's impact on the brain. Participants learn the importance of sensory-based interventions and how to assess a child's private logic and universal needs. Finally, participants practice the development of trauma-informed and resilience-focused support plans for youth.



Texas Department of Family Protective Services - [DFPS Trauma-Informed Care Training](#) (FREE) - This training is a free resource for child welfare system caregivers, professionals, advocates, stakeholders and members of the public who are interested in learning about the impact of trauma.

The Annie E. Casey Foundation - [ARC Reflections Training Program](#) (FREE) - Because foster parents play a critical role in supporting children in foster care, who often have experienced trauma, the Casey Foundation developed ARC Reflections, a nine-session program that child welfare agencies can use to train foster parents to better care for children who have had traumatic experiences.

Think: Kids – [Collaborative Problem Solving Parent Classes](#) (Cost Associated) - Collaborative Problem Solving® (CPS) is proven to reduce challenging behavior, increase compliance, improve family relationships, and help your child build the skills they lack. You'll learn how to partner with your child to identify the triggers for their challenging behavior, and work together to produce a game plan for how to handle problems before they happen.

Trauma Informed Oregon - [Introduction to Trauma-informed Care](#) (FREE) - Trauma-informed Care framework and 101 training: Module 1: What is Trauma Informed Care? walks you through the principles that serve as the foundation for trauma informed care. Module 2: Why is Trauma Informed Care Important? walks you through why trauma informed care should be incorporated into organizations and systems. Module 3: Trauma Specific, Trauma Sensitive, Trauma Informed walks you through the basic differences between trauma specific services and trauma informed care. Module 4: A Brief Overview of NEAR Science walks you through the collection of fields of study that include Neurobiology, Epigenetics, ACEs and Resilience.

See also Trauma-Informed Care Training Resources for [Child Welfare Professionals](#), [Juvenile Justice Professionals](#), [Legal Professionals](#), [Mental Health Professionals](#), [Victim Services Professionals](#), and [School Professionals](#).