

## TRAUMA SERIES

#1

**Тема:** *Strategies for strengthening child-caregiver attachment when supporting families impacted by trauma*

**Лектор:** Kristine Kinniburgh

**Дати:** 29.03.2022 16:00 – 20:00 ч. бългaрско време

31.03.2022 16:00 – 20:00 ч. бългaрско време

**Продължителност:** 8 часа

**Оригинален език:** английски

**Цена:** 165 лв. с ДДС

### ABSTRACT

Workshop I: *“Understanding Complex Trauma and generational impact on Caregivers: The importance of addressing caregiver regulation” (4 hours).*

#### Outline of topics:

- Overview on complex trauma and the developmental impact
- The role of caregiver modulation in supporting children who are impacted by trauma
- An explanation of regulation and dysregulation: comfort and safe zones
- Normalizing and validations caregiver experience
- Supporting caregivers in identifying "push buttons" or challenging interactions/situations with his/her/their child
- Understanding the Trauma Cycle
- Supporting caregiver modulation: self-monitoring and the caregiver toolbox

Workshop II: *“Supporting caregiver attunement to the impact of trauma and engagement in effective responses for shifting trauma reactions/survival behaviors” (4 hours).*

#### Outline of Topics:

- What is attunement
- Helping caregivers to understand the needs that drive trauma behavior.

- Supporting caregivers in becoming “detectives” or observers of clues related to child experience.
- Effective Responses to trauma driven behaviors. Use your “Go Tos”:
  - o Meet the Need
  - o Support Regulation
- Collaborating with caregivers to select behavioral support strategies

## BIO

Kristine Kinniburgh, LCSW is a licensed clinical social worker with a specialty in the field of traumatic stress. She is currently the Director of Trauma Services for JRI Connecticut, Project Director for the Building Resilience through Residential Communities project, National Trainer and Consultant for the Center for Trauma Training. In each of these roles, her primary focus is ensuring that trauma affected individuals and their families receive quality care that emphasizes the promotion of resilient outcomes. Mrs. Kinniburgh is co-developer of the Attachment, Regulation, and Competency (ARC) treatment framework (Kinniburgh & Blaustein, 2005), and co-author of the text, *Treating Complex Trauma in Children and Adolescents: Fostering Resilience through Attachment, Self-Regulation, and Competence* (Blaustein & Kinniburgh, 2018; 2010), the foster parent curriculum *ARC Reflections* (Annie E Casey Foundation, 2017) and the caregiver skill building curriculum, *ARC Grow* (Kinniburgh & Blaustein, 2016). Mrs. Kinniburgh has had the honor of learning from and collaborating with countless individuals, programs and organizations in the US and abroad that share her passion for and commitment to supporting individuals who experience and are impacted by chronic adversity.

## PHOTO

