

# Using a Trauma Informed Lens

PERSONALLY, PROFESSIONALLY & PURPOSEFULLY

Presented by SLO Trauma Informed Champions of Change

**Training Day Options:  
Friday, August 4th  
Thursday, August 17th**

**French Hospital Copeland Health  
Education Pavilion - 3rd Floor  
1823 Johnson Ave.,**

**San Luis Obispo, CA**

**CHECK-IN: 8:00AM - 8:30AM**

**TRAINING: 8:30AM - 4:30PM**

**6 contact hours (BBS & BRN) |**

**Training is FREE**

**Morning & afternoon snacks, coffee,  
tea, and water will be provided**

REGISTRATION LINK:

<https://sloco.wufoo.com/forms/z1wxnom60nfdosw/>

**BRN & Registration questions?**

**Contact: Caroline Johnson**

**San Luis Obispo County Behavioral Health  
[cmjohnson@co.slo.ca.us](mailto:cmjohnson@co.slo.ca.us)**

**BBS CEUs questions?**

**Contact: Ben Martinez**

**Family Care Network, Inc.  
[bmartinez@fcn.org](mailto:bmartinez@fcn.org)**

**Who should attend:**

**Direct Care Staff, Therapists, Counselors, Resource  
(Foster) Parents, Social Workers, Teachers, Law  
Enforcement Staff, Support Staff, Agency Supervisors  
and Managers**

## BACKGROUND

Trauma Informed Care (TIC) integrates core principles of neurodevelopment, trauma and attachment with mindful healing to support a comprehensive approach that can be used by clients, providers, and community members.

This training is designed to support a shift in thinking, perception, and behavior. Looking through a Trauma Informed Lens means being sensitive to the impact of trauma on others and yourself, understanding and utilizing tools to support self and others in regulating during times of stress; as well as identifying and supporting the system change needed to reduce re-traumatization. Continuing our efforts toward a Trauma Informed SLO County will enhance resilience, increase connection and support stability within our community.

## Continuing the call to action for a Trauma Informed SLO

### OBJECTIVES:

1. Increase awareness of the widespread impact of Trauma and enhance understanding of at least 1 potential paths for recovery.
2. Recognize 3 signs and symptoms of trauma in clients, families, staff, ourselves, and others in the community.
3. Identify and use 1 new tool to integrate Trauma Informed philosophy into our professional relationships, policies, and procedures.
4. Identify 2 ways to reduce re-traumatization in clients, families, staff, ourselves and others in the community.

**TRAINERS: Courtney Wagner LMFT, Julie DeFranco MSW, L. Michele Simone LMFT, Rebecca McGarige LCSW, MSW, Susan Harney LMFT, Elissa Feld.**



San Luis Obispo Co. Mental Health Services Provider approved by the California Board of Registered Nursing, Provider #08157, for 6 Contact hours. Family Care Network, Inc.: Course meets the qualifications for 6 hours of continuing education credit for MFTs, LPCCs, and/or LCWS as required by the California Board of Behavioral Sciences, Approval # 128529.