



Virtual Training: Neurobiology of Trauma and Co-Regulation

This training is for Alameda County Behavioral Health and ACBH contracted provider staff.

In this workshop you will learn a foundational definition of trauma, basic trauma terminology, what happens in the body when trauma is experienced by an individual, how trauma is linked to secondary illnesses, and how to support someone who may be triggered or in an escalating situation.

LEARNING OBJECTIVES:

At the end of this training participants will be able to:

- Articulate the definition of trauma, and differentiate between acute and chronic trauma.
- Describe 5 specific ways that trauma can impact an individual's health.
- Identify at least 3 trauma-informed practices for de-escalation and co-regulation, in-person and virtually.

To complete an ACBH sponsored virtual training, attendees must achieve a score of at least 70% on the post-test.
Continuing Education credit is not available for this training

Date:
**Wednesday,
Sept. 8th, 2021**

Time:
**9:00 am -
12:00 pm* PST**

*break included

Registration Link:

<https://forms.gle/E3UsPYaCyk9wuEa39>



The instructor for this course is **S. Brooke Briggance**, Program Director of Cypress Resilience Project, a program of Public Health Institute. Learn more about our work at www.cypressresilience.org.

For assistance with registration & other inquiries: karen.lane@phi.org

If you have a reasonable accommodation request, or grievance regarding an ACBH training, please email or call the ACBH Training Unit at (510) 567-8113, training.unit@acgov.org.

 **alameda county
behavioral health**
MENTAL HEALTH & SUBSTANCE USE SERVICES



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