

A PARTNER IN
NCTSN

The National Child
Traumatic Stress Network

The Curriculum For Resource Parents is designed to teach basic knowledge, skills, and values about caring for children and teens who have experienced traumatic stress.

It also teaches how to use this knowledge to support children's safety, permanency, and well-being. The curriculum was developed by the National Child Traumatic Stress Network, with the support of the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

Resource parents and professionals from more than a dozen agencies across the United States have contributed to the curriculum, which uses diverse and detailed case vignettes as a foundation for teaching important concepts related to child traumatic stress.

FOR MORE INFORMATION
ABOUT FEES AND
SCHEDULING
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“CARING FOR
CHILDREN
WHO HAVE
EXPERIENCED
TRAUMA”
TRAINING
SERIES



CARING FOR CHILDREN WHO HAVE EXPERIENCED TRAUMA” TRAINING SERIES

Curriculum Objectives

- Understand that children *can* heal from the effects of trauma and that resource parents play a crucial role in the healing process.
- Define trauma, traumatic stress, and other key terms and apply these concepts to children in foster care.
- Recognize the range of ways trauma can affect children and how these effects can vary by age and cultural background.
- Learn and practice the skills needed to help traumatized children manage their emotions and behavior, as well as develop and use their strengths.
- Help traumatized children to develop and maintain positive, stable, and enduring relationships.
- Feel empowered in one’s role as an advocate for traumatized children, and know how to find effective, trauma-informed services in one’s community.
- Practice self-care techniques and develop a “self-care action plan.”

Summary of Training Modules

Module 1: Overview

Module 2: Trauma 101

Module 3: Understanding Trauma’s Effects

Module 4: Building a Safe Place

Module 5: Feelings

Module 6: Challenging Behavior

Module 7: The Importance of Connection

Module 8: Becoming an Advocate

Module 9: Taking Care of Yourself

Training of Trainers:

This course is 24 hours or 3 full days for groups of 14-30 people and includes:

- the material from all 9 modules,
- trainer competencies, and
- opportunities for participants to present to the group and receive feedback.

Facilitator’s Guide

This detailed, step-by-step guide is divided into 9 modules, which vary in length and together total approximately 16 training hours.

The guide provides suggestions for how to tailor the curriculum for different types of resource parents with different levels of experience and prior training.

Slide Kit

A comprehensive PowerPoint presentation accompanies the Facilitator’s Guide. Integrated into the guide are notes that identify which PowerPoint slides should accompany each module.

Participant Handbook

The handbook includes a variety of resources, worksheets, and handouts that are referenced throughout the Facilitator’s Guide. Facilitators are encouraged to make copies of these materials and provide them to each participant during the training.