

## TRAINING CURRICULUM

The curriculum used in the workshops is the National Child Traumatic Stress Network (NCTSN) “Caring for Children Who Have Experienced Trauma” Curriculum. Continuing education hours for all participants fulfill professional and foster parent training requirements. The curriculum modules are listed below.

1. Introduction
2. Trauma 101
3. Understanding Trauma’s Effects
4. Building a Safe Place
5. Dealing with Feelings and Behaviors
6. Connections and Healing
7. Becoming an Advocate
8. Taking Care of Yourself

## FEEDBACK FROM PARTICIPANTS

*“No one really explained to me about the impact of trauma on a child’s life. I wish I’d known more about trauma sooner.”*

*“It has made me more aware and has helped me step back and look at trauma through child’s lens.”*

*“I am now putting new practices in place and staying calm.”*

*“You have been a part of making this family better in all its parts because you believe in us and continued to give us resources and the chance to continue learning so we could be better foster parents to these kiddos.”*

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## STRENGTHENING FAMILIES & SYSTEMS:

## BUILDING POSITIVE RELATIONSHIPS WITH CHILDREN WHO HAVE EXPERIENCE TRAUMA



WISCONSIN DEPARTMENT OF  
CHILDREN AND FAMILIES

## WHY TRAUMA-INFORMED PARENTING?

Many children served by the child welfare system have lived through traumatic experiences. Understanding how trauma affects children can help parents make sense of their child's behaviors, feelings and attitudes; can help parents develop greater insight around how to help their child cope with the effects of trauma; and, help parents understand how to provide a safe and stable home environment.



## TRAINING CONTENT

The training promotes learning, skill development and behavior change through active participation, varied group activities, and assignments including skills to practice between sessions. Creating a safe environment for meaningful dialogue is a critical component. Participants are encouraged to share their experiences, both successes and challenges, to learn from one another and build ongoing support during and beyond the training. Training objectives are listed below:

1. Understand Complex Traumatic Stress and how it can affect the typical development of children
2. Gain awareness of the types of behaviors (symptoms) commonly seen in children who have had traumatic experiences
3. Understand the need to address psychological as well as physical safety in alternative care and when planning family contacts
4. Advocate for and be able to adequately identify providers



## WHO SHOULD ATTEND THIS TRAINING?

The workshop provides birth parents and resource parents the knowledge and skills needed to effectively care for and support children who have experienced trauma. These workshops are especially helpful for birth parents preparing for reunification and resource parents of children with challenging behaviors. Agency social workers are encouraged to attend as a member of a care team (with resource parents or birth parents or both) or as potential trainers.