



In-Service & Customized Training



Available In-Service Topics

TRAUMA-INFORMED PRACTICE

- Looking Through a Trauma Lens: Understanding and Caring for Traumatized Children and Youth
- Trauma-Informed Practice: Why, What and How
- Trauma-Informed Supervision
- Trauma Informed Leadership: A Needs Based Approach
- Understanding Trauma and Substance Use
- Creating Trauma-Informed Residential Care Systems
- Implementing Trauma-Informed Care in Organizations serving High-Risk Populations

ASSESSMENT & TREATMENT PLANNING

- Trauma Assessment and Treatment Certificate Program
- Evidence-Based Trauma Interventions for Children and Youth (Certificate)
- Intergenerational Trauma: Moving Beyond to Resiliency
- A Family Systems Approach to Intergenerational Trauma: A Guide to Assessment and Treatment
- First Things First: Design Effective Treatment Plans for Trauma and Concurrent Disorders
- *Other topics:* Case consultation and supervision, Ethical issues

TRAUMA-FOCUSED INTERVENTIONS

- Treating Trauma-based Anxiety or Depression in Children and Adolescents
- The Dialectical Dance: Balancing Validation and Change Strategies
- Creative Interventions for Children and Youth Coping with Loss
- MAST: Mindful Awareness Stabilization Training, Facilitator Training
- Single Session Therapy with Complex Cases: Making the Most Difference in the Least Time
- Using Expressive Arts Therapy to Address Trauma
- Somatic & Expressive Methods for Healing Complexly Traumatized Youth
- I Don't Wanna Talk About it: Working with Hard to Engage C/Y/F
- Mindfulness, Co-regulation and the Art of Holding Space
- Developing Mindful Relationships with Children and Youth
- Trauma: Current Research, Assessment and Treatment Approaches
- *Other topics:* Attachment & regulation, Cognitive Behavioural Interventions, Motivational Interviewing, Play Therapy, ACT

TREATING TRAUMA EFFECTS

- Working with Young Parents with Sexual Abuse Histories
- When Nothing Works: Supporting Those Challenging Kids in Out-of-Home Care
- Attachment-Focused Trauma Treatments: Phase-Oriented Strategies for Addressing Complex Disorders
- Understanding and Supporting Youth with Severe Behavioural and Emotional Challenges
- Sexualized Behaviour in Children: When Clinical Intervention is Necessary
- Domestic Sex Trafficking of Youth: Prevention and Intervention
- Addressing High-Risk Sexual Behaviour
- Everyday Healing: The Art of Relationship in Supporting Youth Impacted by Developmental Trauma
- Addressing Self-Injurious Behaviour
- Suicide to Hope: A Recovery and Growth Workshop
- The Lingering Impact of Suicide: Implementing Supports for Individuals and Families
- Tools for a Healthy Body Image: How to Address Food and Weight Preoccupation in Children and Youth
- *Other topics:* Substance abuse, Sexual abuse, Sexual Offending, OCD, ODD, Youth parents and infant mental health

SOCIOCULTURAL PERSPECTIVES

- Gender Affirmation Counts: Evidence-based Practices for Physical and Mental Health
- Being an Ally to Indigenous Peoples
- Working Toward Reconciliation with Indigenous Children and Youth
- The Experience of Trauma and Black Youth
- *Other topics:* Transgender/Gender-variant youth,

HEALTH & WELLBEING

- Caring for Self while Caring for Others: Burnout, Compassion Fatigue and Vicarious Trauma
- Developing and Maintaining Healthy Staff Teams
- Simple Restorative Practices to Heal the Helper
- PTSD: Prevention and Intervention for Frontline Staff and First Responders
- Mindfulness, Co-regulation and the Art of Holding Space
- *Other topics:* Healthy relationships, Autism, FASD, Self-advocacy in developmental services

In-Service and Customized Training info: [Custom Training Options](#)