

Neurobiology and Trauma



Instructor:
Gabriella Grant, MA

Instructors Information:

Ms. Grant obtained her Masters in Policy Studies with an emphasis in Criminal Justice Policy from The Johns Hopkins University. Ms. Grant is the Director for the California Center of Excellence for Trauma Informed Care since 2009 to present. Ms. Grant assist systems of care to support trauma informed delivery, procedures, and policies. She is also an instructor at West Valley College where she has developed a class series on trauma informed practice for child welfare. She is an independent trainer and consultant since 2007 to present where she has trained substance use providers on Seeking Safety through Treatment Innovations in addition to Community Based Organizations on cross systems integration and policy development.

Course Description:

This training is designed to demonstrate how trauma affects the brain, decision-making and coping in a science-based and easy-to-learn method. It will give staff a deeper understanding of why clients behave in ways that may appear illogical or self-destructive and to promote direct skills-building practices related to safety. This training will help staff and consumers understand the lasting effect of trauma on physical and behavioral health as well as how service and healthcare delivery systems can use direct skills-building to promote safety.

***Date:* July 19, 2022 & July 26, 2022**

*****Must attend both dates for credit*****

***Time:* 1:00pm – 2:30pm**

***Location:* Virtual training- link will be sent to registrants**

RUHS-BH Staff - Please register for this course via COR at

<https://corlearning.sumtotal.host>

Free to all registered participants

Continuing Education Credits: This course meets the qualifications for 4 continuing education units/credits/hours.

Neurobiology and Trauma

Day 1: July 19, 2022

1:00pm – 2:30pm

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Day 2: July 26, 2022

1:00pm – 2:30pm

****Must attend both dates for credit****

Course Description: This training is designed to demonstrate how trauma affects the brain, decision-making and coping in a science-based and easy-to-learn method. It will give staff a deeper understanding of why clients behave in ways that may appear illogical or self-destructive and to promote direct skills-building practices related to safety. This training will help staff and consumers understand the lasting effect of trauma on physical and behavioral health as well as how service and healthcare delivery systems can use direct skills-building to promote safety.

Instructor Information: Gabriella Grant, MA trains professionals in the social services on an array of topics, including trauma, substance abuse, PTSD, eating disorders, problem gambling, domestic violence, sexual assault and child abuse. She has worked with criminal justice agencies, the courts, social service agencies and public health departments. As a trained policy analyst, Ms. Grant looks at how understanding the neurobiological effects of trauma, safety and coping can be adapted for effective programming, staff training and policies and procedures to create a therapeutically beneficial milieu for a variety of treatment modalities and outcomes. Her background includes heading the nation's first community corrections-based victim advocacy program for the Maryland Division of Parole and Probation, [1996-1999] and running a three-year project funded by the California Department of Public Health to increase access to domestic violence shelters by women with mental health and/or substance abuse issues [2006-2009]. She has a bachelors' degree from Amherst College, a Latin teaching certificate from the Pontifical Gregorian University in Rome, Italy, and a Masters of Arts in Public Policy from the Johns Hopkins University. She has taught at the primary, secondary and university levels and has trained professionals, advocates and consumers in a wide variety of settings.

Ms. Grant started working with Dr. Najavits in 2006, when she oversaw a statewide project in California to increase access to domestic violence shelters by women with mental health and/or substance abuse issues. She coordinated the trainings on Seeking Safety and helped guide and evaluate its implementation within domestic violence shelters. She currently conducts Seeking Safety in a community setting. Ms. Grant is the director of the California Center of Excellence for Trauma Informed Care, located in Santa Cruz, California, overseeing the Center's research, program and professional development as well as policy analysis activities.

Audience: All RUHS-BH Employees; LMFTs, LCSWs, LPCCs, and LEPs, Registered Nurses; and substance use counselors, and associate and support staff.
Level of training: Intermediate – applicable to audience with working knowledge of topic.

Seat #: 40

Location: Virtual training- link will be sent to registrants

If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center (951) 955-7270 at least fourteen business days (14) prior to the course date.

Educational Goals:

1. To increase the general knowledge of trauma-informed concepts, research, and resources as they pertain to the neurobiology and trauma of individuals.

Learning Objectives:

1. To define trauma (SAMHSA 2014) as it related to nervous system functioning.
2. Identify the three (3) layers of the Neurosequential Model of Therapeutics (Perry, 2006)
3. Participants will describe the polyvagal theory and the role brain-heart-gut connection has on social communication, engagement/disengagement and growth as immune functioning.
4. State the neuroception and its three (3) component parts (Porges, 2011).

Course outline:

Day 1 – July 19, 2022

| Time | Topic/Content |
|---------------|--|
| 1:00pm-1:10pm | Overview of current ACEs science and Developmental Traumatology |
| 1:10pm-1:25pm | Common definition of trauma |
| 1:25pm-2:25pm | The Neurosequential Model of Therapeutics, impact of trauma on the brain |
| 2:25pm-2:30pm | Homework and Q&A |
| | |

Day 2 – July 26, 2022

| Time | Topic/Content |
|---------------|--|
| 1:00pm-1:40pm | The social engagement system and the polyvagal theory |
| 1:40pm-2:00pm | Clinical practice and application |
| 2:00pm-2:15pm | Experiential activities on several self-regulatory practices |
| 2:15pm-2:25pm | Closing & Q&A |
| | |

This course meets the qualifications for 4 continuing education units/credits/hours.

Continuing Education: Course meets the qualifications for 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT - approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for 4 Contact Hours.

Provider approved by CCAPP-EI, Provider Number 3-22-341-0424 for (4) CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Taide Arias via email at tarias@ruhealth.org. Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<http://corlearning.rc-hr.com/>). The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends).

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) business days prior to the course date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Taide Arias at TArias@ruhealth.org or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U .S .C . §§ 12101-12213 (2008).