

# Foundations of Trauma

## With **Coleen Portzline, tLMFT, Families First**

Thursday, May, 30 9:00 am to 4:30 pm

### **Level 1—Foundations of Trauma**

In this workshop, participants discuss: (1) the broad spectrum of major contributors to a child's behavior, (2) the hierarchy of needs, (3) short/long term reasonable outcomes, (4) lifespan consequences of trauma on an individual/community and (5) staff's role as protectors and educators. Participants learn how to engage in and explore concrete processes to stabilize attachment, develop safe relationships and effective emotional management.

Thursday, June 13 9:00 am to 4:30 pm

### **Level 2—Foundations of Trauma**

This course will review lifespan consequences of trauma on an individual/community and staff's role as protectors and educators. Participants will learn what can happen to them as they operate in highly stressful environments and how to take care of themselves. They will also learn how to engage in and explore concrete processes to stabilize attachment, develop safe relationships and effective emotional management.

**Level 1 is a pre-requisite for Level 2.**

**[Click](#) Here to Register for both sessions.**

**Participants must attend both days.**

Location for both days:

Independence Public Library  
805 1st St East  
Independence, IA 50644

**Space is limited for this free training!**  
Questions? Call Susie at 319-334-5105 or email  
[communityliaison@bdfempowerment.org](mailto:communityliaison@bdfempowerment.org)



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