

Educational Activity:

Distinguish the difference between stress and trauma and how both play a role in PTSD.

Articulate percentages of males and females who have encountered at least one traumatic event and how their responses may differ.

Recognize that stress and trauma can happen to both an individual and a community
Identify causes of community trauma including poverty, societal inequities, violence, fires, and severe weather.

Critique how standard support in a community trauma can help or hinder recovery for the community and its individuals.

Discuss ways to provide alternative care to those with PTSD in the midst of community trauma.



About Karen Laing

Karen has a Bachelor's degree in Public Health and a Masters in Theology. She has worked internationally on Health Literacy projects and holds certifications in Bridges Out of Poverty (Lifetime Trainer), COPE (facilitator), Soul Shop Suicide Prevention (Church Leader and Youth Facilitator), Trauma Informed Care (Presenter).



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Trauma Training:



The Implications of Trauma for Individuals and Communities including PTSD



- Inspiring
- Educating
- Equipping





Learning Objectives:

Location Date and Time:

Locations vary across NYS upon request of agencies and communities with a focus on the Capital Region. We also service Buffalo and Rochester where CarePortal is active.

Start and End Times:

Typically 9am to 12pm or 1pm to 4pm depending on the request of the host organization. Length of course 3 classroom hours.

- Recognition of Trauma as both an individual and community issue and how they intertwine.
- Provide experiential learning about mental models, and trauma webs.
- Analyze behavior of clients to assess signs of both community and individual trauma.
- Build partnerships with others using trauma informed care.



Teaching Methods:

- Instructor led lecture with space for questions within this section.
- Life Experience Evaluations of Local Community Trauma.
- Building of a Trauma Web as it relates to PTSD.
- How to use Trauma Informed Care to disentangle the trauma web.



Pricing Options:

- Agency, school, etc. - \$450 for up to 40 participants.
- Individuals (in a class of 20 or more) \$20 per person, or \$25 per person for those seeking CEU. Refunds are available 48 hours in advance of the event,