REFUGE
COUNSELING · SUPPORT · EDUCATION

Professional & Community Trainings

Looking for training for your staff, school, church, or community group?

Need a session tailored to your team's needs?

Refuge offers training designed to help adults better **understand, support, and respond** to children and families impacted by the trauma of abuse, neglect, and violence.

Our trainings are great for **schools, child care providers, churches, professionals, first responders,** and **community organizations** that work with children and families.

Training Topics

Trauma Education

- Exposure to Violence (Domestic Violence)
- Adverse Childhood Experiences (ACEs)
- Brain Development and Exposure to Adversity
- The "Why" Behind Behaviors
- Impact of Trauma on the Body
- Positive Childhood Experience over ACEs

Caregiver Support

- Empathy; How to guide caregivers
- Emotional Regulation/Wellbeing
- Discipline/Calm Protecting
- Age & Stages of Development/Attachment Styles
- Spoiling Children; Consistent Parenting
- Self-Care Parenting; How Trauma Influences Nurture

Educators & Responders

- Self Care as a Professional
- Vicarious Trauma and Burnout
- Trauma Informed Care
- Toxic Stress
- Trust Based Relational Intervention: Pillars and Principles

Interested in scheduling a training or have questions?

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Safe From the Start