

# TACOMA

DEVELOPMENTAL DISABILITIES ADMINISTRATION

## CONTINUING EDUCATION TRAINING



January 13, 2020

9 AM to 4 PM

6 CEUs

## Trauma Informed Care

Trauma-Informed Care first aims to thoroughly educate on trauma and its impacts on individuals through a biopsychosocial lens.

It then takes that information and actually applies it to a person's role in a way that is holistic, empathetic to people's unique experiences of trauma, meets their basic needs, prevents re-traumatization, encourages healing and growth, and addresses the ongoing impact of trauma in the people that they support. Considers that all topics including affects and coping mechanisms can also be experienced by the person themselves, not just the individuals that they support. Relies on information from modern research and evidence-based practices.

### Learning Objectives:

- Participants will receive the skills to recognize the effects of trauma and post-traumatic stress within residential care settings and how it impacts work.
- Participants will receive the skills to recognize the effects of trauma and post-traumatic stress on an individual's thoughts, emotions, and actions.
- Participants will identify ways to change their own thinking about behaviors related to trauma.
- Participants will recognize behavioral reactions to trauma reminders, triggers, and cues.
- Participants will receive information to assist in creating a trauma informed environment for their clients that is coordinated with their supervisors.
- Participants will develop ways to assist clients holistically to cope with reactions to trauma related to their thoughts, feelings, and behaviors.
- Participants will receive tools to ensure self-care is applied in a way that is trauma informed and assists them with maintaining a trauma-informed care setting.

### [Click Here to register](#)

#### Presented By Sean Tabayoyon



Sean Tabayoyon, MSW, CMHS, DMHS, is a Training Specialist with Service Alternatives that specializes in training de-escalation and Trauma-Informed Care. In the past Sean worked in the mental health field as an outpatient therapist for children, adults, and families, as well as having worked in both inpatient and residential mental health programs. He has experience treating individuals with physical and intellectual disabilities, children with mental health and behavior needs, and treating trauma in both adults and children.

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#### **Parking is not available in the garage at the Comprehensive Life Resources Building/DDA Office:**

- Metered parking is available on Tacoma Ave S in front of the office building. There are some free spots to the south, in front of the parking garage.
- More free street parking is available on S 14th St, S G St, S 15th St, S. 17th St and Court E and S. Fawcett Ave between S. 15th and S. 17th Streets. Parking is your responsibility

Class Size: Limited to 50 Participants