



# Introduction to Trauma

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**Trauma can have a major impact on our lives in a variety of ways. We react to all types of trauma, including responses to what is happening in the world around us, including the COVID epidemic, without knowing how we are being effected. In this training we will explore the definition and causes of trauma, how it impacts us on a physical and emotional level, and what we can do to become more resilient and to heal on a daily basis, as caregivers, and on the behalf of those we support.**

**In this informative and interactive workshop, participants will:**

1. Be able to identify causes of trauma.
2. Understand the effect of trauma on the brain, body, and mind.
3. Identify several ways to facilitate the healing process in daily life.
4. Become familiar with an array of clinical interventions to support the healing process.

**Click on one of the dates below to register for that particular training session.**

**Register for March 18**

9:30 AM – 11:30 AM

**Register for March 31**

7 PM – 9 PM

**Register for April 14**

12 PM – 2 PM

**Register for May 17**

2 PM – 4 PM

Reasonable accommodations as identified under the ADA must be requested 2 weeks in advance. Please contact [challegra@visionforequality.org](mailto:challegra@visionforequality.org)

The Trauma Informed Care Project for Philadelphia Families is a project of Vision for Equality and is funded through the city of Philadelphia DBHIDS.