



## Trauma-Informed Parenting Class for Professionals

This class takes a unique, relationship-based approach to working with traumatized children and those with attachment challenges. This approach provides a trauma-informed explanation of “acting out” behaviors. Participants will learn how children escalate through behaviors, as well as how to respond to help children during these times. The class will address how to communicate with caregivers in regards to traumatized children. When children and caregivers expand their ability to emotionally tolerate stressful situations, behavior naturally improves.

### Some Program Topics

- Emotional regulation and dysregulation
- Window of stress tolerance
- Trauma and memory
- Acting out behaviors, i.e. lying, stealing, aggression, etc.
- Signs and stages of verbal and behavioral escalation
- Assistance for caregiver responses to decrease escalation
- Setting appropriate and enforceable limits
- Effective therapy
- Treatment planning for trauma survivors

**When:** Tuesday, July 23rd  
9:00 AM - 5:00 PM

**Where:** Timberline Church  
2908 S Timberline Rd, Fort Collins, CO 80525  
Room 211

**Cost:** FREE

Contact us for more information and to enroll!  
970-472-4133 OR [info@childsafecolorado.org](mailto:info@childsafecolorado.org)

