



Trauma impacts one's spirituality and relationships often resulting in ongoing feelings of shame, guilt, rage and isolation. Despite all of this, healing is possible.

Crystal Lake, IL
April 28, 2017

Sponsor:
McHenry County
Mental Health Board

Location:
McHenry County
Mental Health Board
620 Dakota Street
Crystal Lake, IL

Time:
9:00 AM – 4:00 PM

Register Now:
At www.mc708.org or
please contact:
Kristen Doherty
Phone (815) 788-4399
Fax: (815) 455-2925
Email: kdoherty@mc708.org

***CEU's:** 6 CEUs for social workers, and professional counselors/clinical counselors will be provided.
IAODAPCA CEUs pending.

Trauma Informed Therapy

Presented by Raul Almazar, RN, MA

What is Trauma: Understanding the Impact of Trauma in Our Lives

LEARNING OBJECTIVES:

1. The attendee will understand the prevalence of trauma and the effect of trauma in our lives and the lives of those we serve.
2. Attendees will learn of the importance and implications of the ACE study, not only in terms of symptom development but also as a way to integrate physical and behavioral health.
3. Clinicians will learn to view symptoms as adaptations and shift practice from stabilization and symptom reduction to providing new tools for self-regulation.

Neurobiological Effects of Trauma

LEARNING OBJECTIVES:

1. Participants will understand the effect of trauma on brain development and on essential hormones including cortisol and adrenaline.
2. Participants will be able to evaluate treatment and program designs based on an understanding of the biorhythms of participants.
3. Participants will learn practical strategies to implement in nursing practice to help reduce client's anxiety.

Trauma Informed Organizations: Creating Positive Cultures of Care

LEARNING OBJECTIVES:

1. The attendee will learn the Six Principles of Trauma informed Approaches that apply to both clients and staff.
2. Attendee will understand Trauma Exposure and will identify the importance of healing strategies for both clients and staff and learn at least two practical tools to use every day.
3. Attendees will learn of practical organizational strategies to develop resilience in organizations.



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Mr. Almazar has many years of experience as a direct care provider, administrator, organizational and clinical consultant, trainer, and speaker. Prior to working as consultant in 2009, he served as Deputy Director for the State of Illinois Division of Mental Health.

He is the Senior Public Health Advisor at the National Association of State Mental health Program Directors' (NASMHPD) Center for Innovations in Trauma informed Approaches. He is also a Senior Consultant to SAMHSA's National Center for Trauma-Informed Care and Promoting Alternatives to Seclusion and Restraints through Trauma Informed Practices.

Mr. Almazar provides consultation, training and technical assistance to organizations in the areas of leadership, workforce development, consumer empowerment, organizational planning and changing organizational cultures to effect systems transformation towards development of non-coercive, trauma-informed care.

He has expertise in working with youth and adult serving, institutional and community based, publicly and privately – funded programs across service systems. He also serves as consultant for large systems such as State of Ohio Department of Mental Health and Addiction Services and the Ohio Department of Developmental Disabilities, the City of Baltimore Department of Health, State of Missouri Coalition of Mental Health Providers, Nebraska Department of Human Services, etc.

McHenry County Behavioral Healthcare Network Continuing Education Program

McHenry County Mental Health Board
Training Registration

Name of Training: Trauma Informed Therapy

Presenters: Raul Almazar, RN, MA

Date: April 28, 2017

Location: McHenry County Mental Health Board

Time: 9:00 am – 4:00 pm

Agency: [Redacted]

Cost: Sponsored by MCMHB

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