

## Children of Trauma: Foundations for Understanding Body Brain Connections

**Curriculum:** Trauma and crisis management: Trauma, grief, and loss

**Date/time:** Friday, October 4, 2019 • 8:45 AM – 12:00 PM

**Location:** GVSU Pew Campus, Bicycle Factory  
201 Front Avenue SW, Grand Rapids, MI 49504

**Social Work CECHs:** 3 hours • Approval #MICEC-0004

**Cost:** Free to all MDHHS and private agency child welfare workers; \$49 all others

**Presenter:** **Shyra Williams, LMSW, ACTP**



**Intermediate and advanced skill levels**

**Target audience:**

- ✓ Children's Protective Services Workers
- ✓ Foster Care Workers
- ✓ Adoption Workers

**Training objectives:** As a result of this training, participants will be prepared to:

- Gain a basic understanding of epigenetics and intergenerational trauma and how they impact the body and brain.
- Learn the foundations of Polyvagal Theory and applications for families you are currently working with.
- Identify three practical strategies both children and adults can use to stimulate the vagus nerve.

**Description:** This advanced trauma training will go beyond the basics and explore fundamental inner workings of our bodies, starting with a deep dive into epigenetics and intergenerational trauma, moving into a theory-based exploration of the polyvagal theory and the vagus nerve, and ending with a time of direct application of what was learned about regulation and stimulation of the vagus nerve. This training will utilize small and large group discussions and visual displays.

## Examining White Fragility Through the Lens of Racial Battle Fatigue

**Curriculum:** Cultural humility/cultural competence: Race equity and systemic racism

**Date/time:** Friday, January 10, 2020 • 8:45 AM – 12:00 PM

**Location:** GVSU Pew Campus, Bicycle Factory  
201 Front Avenue SW, Grand Rapids, MI 49504

**Social Work CECHs:** 3 hours • Approval #MICEC-0004

**Cost:** Free to all MDHHS and private agency child welfare workers; \$49 all others

**Presenter:** **Lois Smith Owens, LMSW**



**Intermediate skill level**

**Target audience:**

- ✓ Children's Protective Services Workers
- ✓ Foster Care Workers
- ✓ Adoption Workers

**Training objectives:** As a result of this training, participants will be prepared to:

- Discuss the dynamics of transference of roles as the aggrieved takes on the role of the consoler.
- Understand the power differentials that create and allow the blindness of White Fragility, and discuss the role of racial oppressiveness through our educational system, medical systems, etc., which teaches powerlessness to people of color and the acceptance of power to the dominant population.
- Identify educational approaches to 'triggering' oneself to recognize such behaviors in order to develop intervention strategies.

**Description:** Through activities, mini lecture, and video, participants will be encouraged to examine personal involvement in order to begin the process of acknowledging denial of behaviors based on long-held negative perceptions of certain populations. This training is solution focused and based on the experiences and reflections of attendees and the self. Participants will identify racially coded languages and behaviors that show how long-held stereotypes allow for the continued practice of negative perceptions and othering. This training will utilize exercises, small and large group discussions, and visual displays.