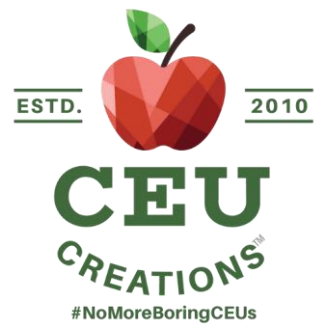


Navigating Childhood Trauma: Understanding and Intervening for Healing



• Jen Alexander, MA, NCC, SB-RPT, and Educator, Trauma Expert, Author, PD Facilitator

• An in-depth exploration of trauma's neurobiological effects, emotional dysregulation, and developmental challenges in children and adolescents.

Friday, April 11, 2025 | 9:00 AM – 3:00 PM ET

Live Stream Series (Online Synchronous Training)

\$74.99 Early Bird Registration

After March 28th registration is \$99.99

Please scan QR Code or
register online at

www.ceucreationsinc.com



5 CREDIT HOURS APPROVED FOR:

- **Social Workers**
ASWB ACE – 5 CE Credits
New York State Education Department's State Board for Social Work – 5 Contact Hours
- **Counselors**
NBCC ACEP – 5 Contact Hours
NY State Education Department's State Board for Mental Health Practitioners – 5 Contact Hours
- **Nurses**
California Board of Registered Nursing – 5 Contact Hours
- **Case Managers**
CCMC – 5 Contact Hours

*Attendance or applied credit certificate available for other credentials.
Please make sure to check with your own state board to ensure transferability of CE credit.*

PRESENTED BY:



Blair Scott, LPC



**Jen Alexander,
MA, NCC, SB-RPT, and
Educator, Trauma
Expert, Author, PD
Facilitator**

Thank you to our sponsors for their generous support!

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at support@ceucreationsinc.com.

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AGENDA

8:45 AM – 9:00 AM:	Log In and Virtual Networking
9:00 AM – 12:10 PM:	Neurobiological Effects of Trauma with Blair Scott, LPC (<i>Includes a 10-minute break</i>)
12:10 PM – 12:50 PM:	<i>Lunch</i>
12:50 PM – 3:00 PM:	Trauma-Informed Interventions for Youth That Work with Jen Alexander, M.A. (<i>Includes a 10-minute break</i>)

Navigating Childhood Trauma: Understanding and Intervening for Healing is a 5-hour continuing education training designed for social workers, counselors, case managers, and nurses. This training will equip participants with a comprehensive understanding of how trauma affects the brain and its implications throughout childhood and adolescence. The first session, led by a trauma expert, will delve into the neurobiological effects of trauma, emotional dysregulation, and developmental challenges in young individuals. Additionally, there will be a focus on early childhood trauma and developmental attachments necessary for overall mental health during childhood.

In the second session, esteemed counselor and educator Jen Alexander will present practical counseling interventions, focusing on trauma recovery in both school and therapeutic settings. This interactive and dynamic training will provide tools and techniques to foster resilience and healing in children impacted by trauma. Attendees will leave with actionable knowledge to enhance their professional practice in supporting vulnerable populations.

BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

1. Identify the neurobiological impact of trauma on the developing brain and its behavioral manifestations in children and adolescents.
2. Examine the long-term implications of unresolved childhood trauma on emotional regulation and developmental milestones.
3. Recognize signs of trauma-related struggles in children within clinical, school, and community settings.
4. Apply creative, trauma-informed counseling interventions to support children and adolescents in improving safety, healthy relationships, and culturally-sustaining regulation while recovering from big stress.
5. Develop strategies for building trauma-sensitive environments in early childhood settings, schools, therapy sessions, and other caregiving contexts.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, counselors, nurses, case managers and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [11/22/24-11/22/27]. Social workers completing this course receive 5 Clinical continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 contact hours.

COUNSELORS: 5 Contact Hours



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 5 contact hours.

NURSES: 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

Cancellation Policy: Registrants must cancel via email at support@ceucreationsinc.com (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25 - Refunds will not be given for cancellations within five (5) business days prior to the workshop date.

Navigating Childhood Trauma: Understanding and Intervening for Healing



PRESENTER BIOS



Blair Scott, LPC

Blair Scott is a licensed professional counselor from Charleston, SC. She graduated from Appalachian State with a BA in Psychology and an MA in Community Counseling, as well as a certificate in infant mental health and expressive arts therapy. She currently works at Dorchester mental health and is a school-based therapist primarily working with elementary-aged children and their caregivers. She provides individual and family therapy and collaborates with teachers.

Blair has extensive training and experience working with children/teens and families who have experienced trauma. She started her career working at Thompson Child and Family Focus (TCFF) which is an intensive residential program for children and teens who experienced complex trauma. She was fortunate to receive direct training from attachment specialists who provided consulting for the agency. This began Blair's passion for understanding the impact of early life experiences, attachment and healing.

Blair is a lifelong learner and has continued to deepen her skills by attending training in a variety of topics and modalities. She is trained in evidenced based modalities for treating trauma, to include TF-CBT and EMDR with modification for children. Blair deeply believes that we must support caregivers caring for children to bring about the most change. She has seen the impact of generational trauma and works hard to help break cycles and strengthen families. She highly values her relationships with the children and families and is honored to be a part of their healing journey. Blair deeply believes in the resilience of people and the potential for healing and growth and is grateful to work in a field that is so impactful and rewarding.

When Blair is not working, she is spending time with her husband, two children and dog. She loves spending time with friends and family, being outdoors, reading and taking baths.



Jen Alexander, MA, NCC, SB-RPT, and Educator, Trauma Expert, Author, PD Facilitator

Most know Jen Alexander as Ms. Jen. She's an experienced trauma-informed educator, school counselor, expert on developmental trauma, global speaker, and consultant. Jen is also the author of Building Trauma-Sensitive Schools and Supporting Students and Staff After COVID-19. Her passion is helping others help kids. To learn more, visit her website, MsJenAlexander.com