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Description automatically generated  
 **Understanding Complex Developmental Trauma (Recording) | 3/1/2022 9:00:00 AM Other**

TRIGGER WARNING: This presentation discusses trauma and child trauma exposure. This content may be emotionally upsetting for some individuals. Trauma experienced in childhood has potential to impact developmental pathways including regulatory capacity, relational connections, reflective capacities, and sense of self. These impacts may lead children and adolescents to present for services with a range of diagnoses and identified challenging behaviors. In this workshop, participants will explore core / common aspects of traumatic experiences and ways these experiences lead to developmental adaptations that are best understood within the context of the youth’s lived experience. The linkage between historical experience and resulting adaptations, and core goals of trauma-informed intervention will be explored. As a result of this workshop, participants will be able to: 1) Define complex trauma and identify at least 3 consequences of early complex trauma exposure. 2) Identify prevalence estimates of at least two types of trauma exposure in childhood. 3) Identify two primary functions of trauma-based behaviors 4) Describe at least two developmental impacts of trauma. 5) Identify and describe at least one factor which promotes resilience in trauma-exposed youth. 6) Describe the role of trauma-informed practices for youth who have experienced complex trauma.

**Program Goal**

1 Define complex trauma and identify at least 3 consequences of early complex trauma exposure.

2 Identify prevalence estimates of at least two types of trauma exposure in childhood.

3 Identify two primary functions of trauma-based behaviors

4 Describe at least two developmental impacts of trauma.

5 Identify and describe at least one factor which promotes resilience in trauma-exposed youth.

6 Describe the role of trauma-informed practices for youth who have experienced complex trauma.

**Target Audience** Psychiatry

**Faculty**

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| **Name of individual** | **Individual's role in activity** | **Name of Ineligible Company(s) / Nature of Relationship(s)** |
| Celeste Zabel, MPH | Activity Administrator | Nothing to disclose - 01/06/2022 |
| Jordan Braciszewski, PhD | Activity Coordinator | Nothing to disclose - 02/17/2022 |
| Hannah Beels, BHSA | CME Reviewer | Nothing to disclose - 10/05/2021 |
| Crystal M Gyiraszin, MS | CME Reviewer | Nothing to disclose - 12/14/2021 |
| Michelle Clark, BA | CME Specialist | Nothing to disclose - 01/28/2022 |
| Margaret E. Blaustein, PhD | Course Director, Faculty | Nothing to disclose - 02/17/2022 |

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