Learning Objectives and Agenda

Learning Objectives:

Participants will be able to:

- ✓ Identify common terms associated with trauma relating to child welfare professionals;
- ✓ Recognize traumatic stress as an occupational hazard in the child welfare profession;
- ✓ Identify the symptoms of traumatic stress;
- ✓ Assess through self-reflection, the impact of both traumatic stress and personal strengths on one's personal and professional life; and
- ✓ Develop strategies to manage traumatic stress and promote resiliency.

Agenda

- Welcome and Introductions
- What is Traumatic Stress?
- The Symptoms of Traumatic Stress
- The Impact of Traumatic Stress
- Strategies for Managing Traumatic Stress and Promoting Resiliency
- Summary and Evaluations