



# Trauma 101

Trauma 101 training focuses on understanding how trauma impacts the body and the brain, how people adapt to trauma, and what we can do as providers and community members to support recovery and resiliency. *The Trauma 101 training is not training on a specific type of intervention but is focused on how we can use a better understanding of trauma to be trauma-informed.*

This training opportunity is presented by the Alaska Child Trauma Center at Anchorage Community Mental Health Services and is offered with support of the State of Alaska, Department of Health and Social Services, and the Division of Behavioral Health.

**Tuesday, January 22<sup>th</sup>, 2019**

**9:00am – 2:30pm**

**Katirvik Cultural Center- Richard Foster Building**

**100 W. 7<sup>th</sup> Ave, Nome, AK 99762**

**Trainer:** Mara Hill, MS, LPC - Clinician, Alaska Child Trauma Center

**Registration:** *ONLINE only* via the Alaska Training Cooperative website @  
<https://aktclms.org/Training/Class/102810>

There is no charge to participate, however space is limited. Participants must register in advance.

Refreshments will be served, with lunch on your own. We encourage participants to stay for a Cultural Orientation directly after this event until 5:30pm. That portion will be facilitated by our host venue, the Katirvik Cultural Center and will include information on historical trauma in the region.

ACMHS is in the process of applying for continuing education approval for Trauma 101 with the State of Alaska Board of Social Work Examiners and the State of Alaska Board of Professional Counselors.

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