



Palm Beach County  
Board of County Commissioners

Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education and Training Center



# Trauma 101

**Presented by: Brittany Grimshaw, Psy.D.**

**Wednesday, August 7, 2024**

9:30 am - 11:30 am

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## **Registration Fee:**

There is no cost associated with this presentation

## **Continuing Education:**

2 CE credits will be offered

## **Registration Link:**

<https://www.surveymonkey.com/r/VG86TJQ>

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

Registration closes at 3:00 pm on August 6, 2024

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

## **Description:**

Children who experience trauma are at risk for problematic long-term health, emotional, behavioral, and cognitive outcomes. However, consequences of trauma exposure can be addressed utilizing a framework for fostering resiliency and creating more trauma-informed environments. This presentation will define common trauma terminology, exploring the relationship between a traumatic event and experience. Finally, it will explain the impact of trauma exposure on youth and families and identify strength-based ways to create opportunities that rebuild their sense of control and empowerment.

## **Learning Objectives:**

At the conclusion of the training, participants will be able to:

- 1) Define trauma and trauma-related terminology.
- 2) Explain the impact of trauma and how trauma may be experienced.
- 3) Identify ways to address traumatic effects.

## **Presenter:**



**Brittany Grimshaw Houghtlin, PsyD, earned her bachelor's degree in Psychology at Texas A&M University and her master's and doctoral degree in Clinical Psychology from Nova Southeastern University (NSU). Her training experiences have included working with several community-based agencies to serve children and their families in Miami, Broward, and Palm Beach Counties.**

**Dr. Brittany is currently a postdoctoral fellow with the Palm Beach County Youth Services Department, where she provides psychological services for youth and their families in South Florida outpatient and residential treatment settings, while working towards obtaining certification in Parent-Child Interaction Therapy (PCIT) and Gottman Method Couples Therapy – Level 1.**

**Dr. Brittany has facilitated interactive training for youth, parents, teachers, and other professionals tailored to their present needs. She enjoys collaborating with community-based agencies to provide trauma-informed mental health training to promote empowerment through enhanced access to psychoeducational resources.**

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**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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### **Continuing Education Information:**

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2025).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2024).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

**All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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**For information about other Education & Training Center trainings/workshops and clinical services please visit our website at**

[www.pbcgov.com/youthservices/EducationCenter](http://www.pbcgov.com/youthservices/EducationCenter)

or call (561) 233-4460

## Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

### How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
  - **Everyone** – All participants will see the message in their Chat pane.
  - **Organizer(s) only** – All organizers will see the message in their Chat pane.
  - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>