



PBCBHC
Palm Beach County
Behavioral Health Coalition
Building A Healthier Community

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center
~in collaboration with~
Palm Beach County Behavioral Health Coalition



Trauma 101

A Trauma Informed Care Training

Presented by: Brittany Grimshaw, Psy.D.

Wednesday, August 12, 2026

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/FCKBCM6>

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 11, 2026

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 increased risk for long-term challenges with physical health, emotions, behavior, and learning. Fortunately, professionals can help mitigate these effects by fostering resilience and building trauma-informed environments. In this training, we will clarify common trauma terms and distinguish between traumatic events and how individuals experience them. We'll examine how trauma impacts youth and families, and share practical, strengths-based strategies for restoring a sense of control and empowerment.

Learning Objectives:

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

1. Define key trauma-related terms and concepts.
2. Describe the impact of trauma on children, youth, and families.
3. Identify practical, strengths-based strategies to support resilience and recovery in trauma-affected individuals.

Presenter:



Dr. Brittany Grimshaw is a licensed clinical psychologist who specializes in evidence-based therapy for children, adolescents, adults, and families. She uses Cognitive Behavioral Therapy (CBT) from a systems perspective to help youth, and their families manage emotions, address school or behavior issues, build identity and self-esteem, navigate family conflict, and cope with trauma or significant life changes. Her approach is warm, practical, and collaborative, with a focus on building resilience, improving communication, and supporting healthy relationships.

Dr. Brittany earned her bachelor's degree in psychology from Texas A&M University and her doctorate in Clinical Psychology from Nova Southeastern University, where she developed expertise in trauma-informed care and the intersection of mental health with broader community systems. She has experience working with youth and families in schools, community and private practice settings, providing individual, group, and family therapy.

Dr. Brittany is also trained in Parent-Child Interaction Therapy (PCIT), an evidence-based intervention for young children with behavioral challenges that helps families reduce behavioral difficulties while strengthening the parent-child relationship. She has also completed SPACE (Supportive Parenting for Anxious Childhood Emotions) training, an evidence-based parent intervention for childhood anxiety and OCD.

Dr. Brittany is licensed in Texas and able to provide telepsychology services in any/all PSYPACT-participating states, expanding access to effective care for families across state lines. She is passionate about making mental health care accessible, practical, and responsive to the needs of diverse communities.

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.

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, 2027).

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.

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](mailto:CMontepeque@pbcgov.org) at (561) 233-4460.

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

Offered in collaboration with: Palm Beach County Behavioral Health Coalition (561) 374-7627 or prevention@pbcbhc.org [Linktr.ee/PBCBHC](https://linktr.ee/PBCBHC)

Hosted by Palm Beach County Youth Services
561-233-4460 • CMontepeque@pbcgov.org
in collaboration with
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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 or call (561) 233-4460