



Department of Human Services, Human Services Institute

Presents:

“Foundations of Trauma, Resilience, and Healing-Centered Cultures”

DAY 1, November 5, 2025

Day 2, November 12, 2025

Location: Two Bergen County Plaza, Hackensack, NJ 07601

Time: 9:00AM to 2:00PM

NJ Social Workers: This workshop is approved by the ASWB for 8 Clinical CEU's.

About the Course:

The course explores trauma, trauma-informed approach principles and implementation domains as presented by the Substance Abuse Mental Health Services Administration (SAMHSA) and models for resilience and creating healing-centered cultures

About the Instructors:

Tia Sanders, LCSW, MSC is Project Manager, NJ Department of Children and Families, Office of Resilience. She is responsible for developing the training curriculum on trauma and resilience for statewide audiences. She coordinates and facilitates training on trauma informed care for community providers, individuals, youth and families

Idamis Lamourt, MSW, Assistant Director of Office of Quality, NJ Department of Children and Families. She has over 12 years of experience as a Social Service professional in continuous quality improvement in child welfare. She is committed to elevating race equity, family voice and strengthening outcomes for youth and families.

Who Should Attend:

This intermediate workshop is designed for Social Workers, Psychologists, Mental Health Care Providers, or professionals interested in learning the systematic structures that create disparities and prevent healthy outcomes by using recent studies and bodies of work to explore the impact of racial discrimination and disparities in toxic stress on long term outcomes of people of color and other groups that have been discriminated against.

Course Objectives:

- Define the types of traumas.
- Explain neurobiology of trauma and the impact of developing and functioning.
- Describe toxic stress and the disparities on various populations
- Identify Positive and Adverse Childhood Experiences (PACES) and outcomes
- Define resilience and identify resilience factors
- Illustrate trauma-informed and healing-centered principles and applications

Timed Agenda:

Day One

5 HOURS ALLOTTED FOR 1 HR SELF-CARE/LUNCH BREAK

Welcome & Introductions & Objectives/Opening Activity	<i>15 minutes</i>
Section 1: Trauma (includes 5-minute regulation break)	<i>50 minutes</i>
Section 2: Adverse Childhood Experiences	<i>55 minutes</i>
Self-Care Break*	
Section 3: Neurobiology of Trauma	<i>50 minutes</i>
Section 4: Discrimination and Trauma (includes 5-minute regulation break)	<i>40 minutes</i>
Section 5: Epigenetics and Trauma	<i>15 minutes</i>
Section 6: Positive Childhood Experiences	<i>13 minutes</i>
Wrap-Up and Homework	<i>2 minutes</i>

Day Two

5 HOURS ALLOTTED FOR 1 HR SELF-CARE/ LUNCH BREAK

Welcome Back and Review	<i>10 minutes</i>
Section 7: Resilience	<i>40 minutes</i>
Section 8: Regulation/Co-regulation (includes 5-minute break) **	<i>20 minutes</i>
Section 9: Compassion Satisfaction (includes 5-minute break) **	<i>25 minutes</i>
Section 10: Continuum of Understanding of Trauma-Informed	<i>55 minutes</i>
Self-Care Break*	
Section 11: Healing-Centered Practices	<i>50 minutes</i>
Section 12: Culture/Cultural Humility	<i>20 minutes</i>
Reflections	<i>15 minutes</i>
Q/A & Closing	<i>5 minutes</i>

Seating is limited

please register by emailing tcannon@bergencountynj.gov or calling (201) 336-7425.

This event is free.

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To receive a certificate (for CEs):

Participants must attend entire 2 days of training, sign in, sign out, *and* complete an evaluation.
Certificates will be emailed within a week of the workshop.

If you have any questions or concerns, or need special accommodation, please call (201) 336-7425.