# Secondary Trauma Trainings with Jules Alvarado

## Training Overview

The Alvarado Consulting and Treatment Group provides Trauma Informed Care trainings to address workforce burnout among staff who provide vital care to our behavioral health clients. This training opportunity provides two distinct trainings: 1) an *Initial Introductory Cohort* for an overview of Secondary Trauma and 2) a *Level-up Cohort* for those who want to increase their understanding with interactive real-life examples. The *Initial Introductory Cohort* provides an overview of Secondary Trauma, Vicarious Trauma, and Generational Burnout. It will include signs, risks and ways to mitigate the negative impact of Secondary Trauma. The *Level-up Cohort* provides participants an opportunity to actively participate in seeking support in treatment planning. This cohort will provide a deeper understanding of trauma informed approaches and offers strategies to prevent burnout from secondary trauma.

## Introductory Cohort Learning Objectives

*Participants will be able to:*

- Differentiate between three categories of Secondary Trauma;
- Identify three signs and/or symptoms that indicate they may be suffering from Secondary Trauma; and
- Develop two to three practical strategies to mitigate the negative impacts of Secondary Trauma.

## Level-up Cohort Learning Objectives

*Participants will be able to:*

- Differentiate between three trauma informed care responses;
- Identify three basic principles to identify, mitigate, and prevent Secondary Trauma;
- Develop and practice at least three strategies to prevent burnout from Secondary Trauma; and
- Develop an action plan with two approaches to apply to their work through the lens of trauma informed care.

## Continuing Education

Each course meets the qualifications for two and a half (2.5) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences (CAMFT). Placer County Systems of Care is approved by CAMFT to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. CAMFT-approved Continuing Education Provider #041035. Placer SOC maintains responsibility for this course and its content.

## About the Instructor

*Jules Alvarado* has over 25 years of experience in trauma relief work with child and family serving systems. She specializes in Trauma, Secondary Trauma Relief, Organizational Development, Family Systems, Attachment, Management and Supervision, and Program Development. Jules has served on several boards of directors for non-profit, child serving organizations and as the executive director for child welfare agencies. She combines the latest research in neuroscientific findings with ancient healing methods through Emotional Regulatory Healing© and teaches parenting, therapeutic, educational, and organizational paradigms that are transforming first responders, individuals, families, schools, and entire agencies. Jules is known internationally as an expert in trauma, loss, attachment, and organizational effectiveness. She has served on the boards of and as the executive director for several child welfare agencies and is the founder and Sr. Clinical Consultant of Alvarado Consulting and Treatment Group.

## Registration is available in Placer Learns

- Placer County Employees register through the Learning Zone on their MyPlacer.
- External Users (non-county employees) register at Placer Learns External Users.

## Training Dates and Times

- Initial Introductory Cohorts (identical trainings)
  January 21, 2025 – 9:00am-11:00am
  February 18, 2025 – 9:00am-11:00am
- Level-up Cohort *(available to anyone who attended either of the initial introductory cohorts above)*
  March 18, 2025 – 9:00am-11:00am

## Remote Training on Zoom

- Registered participants will receive an email with the Zoom link prior to the training date.
- Training links will also be available on our placerccw.org website calendar.

For accessibility requests (e.g. ADA access), special needs, questions and/or to provide feedback, please contact Placer County designee, SOC Placer Learns Administrator at:
PlacerLearns-SOCadmin@placer.ca.gov

**Fee:**

This training is ***free and open to the public.*** Registration is available in Placer Learns.

- Placer County Employees access Placer Learns through the Learning Zone on their MyPlacer.
- External Users (non-county employees) access Placer Learns through this External User Login

**Cancellation Policy:**

Due to this training being offered at no cost and most of our trainings often taking a waitlist, we ask that you withdraw from this training via your Placer Learns account if you are not going to attend. If you require any assistance in withdrawing, please contact a department system administrator at: PlacerLearns-SOCadmin@placer.ca.gov.

**Target Audience:**

These *Secondary Trauma Trainings* are intended for anyone interested in understanding the short and long-term effects of emotional and psychological trauma and how to effectively respond and recover from trauma. It is a recommended training for Social Workers, Educators, Counselors and Psychotherapists, First Responders, Foster and Adoptive Parents, Leadership staff, Call Centers, and Leaders of workplace environments where stress impacts performance, moral and employee well-being.

**Schedule:**

There are three (3) separate Cohorts for this training. The 1st and 2nd cohorts are identical trainings and attendance at either is required in order to attend the 3rd cohort. The 3rd cohort is an interactive session working with real-life and case examples. Each cohort is 2 hours with a 15 minute break given at the trainer's discretion. Registered users will receive an email with a Zoom link to access the remote training prior to the training start date. Participants are encouraged to login early and will be let into the training as soon as 10 minutes prior to start of the training time listed on the flyer. This remote training requires participants to have access to a computer with webcam capabilities, audio and reliable internet. If you require assistance with this, please email PlacerLearns-SOCadmin@placer.ca.gov so we can provide necessary accommodations.

**Course Certificates and CEUs:**

Attendance for this training will be closely monitored by an administrator. Attendees who complete the training attendance requirements will be able to view and print their Completion/CEU Certificate from the Transcripts tab in Placer Learns within two weeks of the training date. Please note the number of course credits does not include the time allotted for registering or breaks. *Attendees not present and accounted for will not be given credit. Partial credit is not offered.*

**Feedback:**

A survey link will be provided for training evaluations and demographic information. Attendees are encouraged to provide feedback upon completion of the course. Additional feedback or grievances may be forwarded to the Workforce Education and Training Coordinator at (530) 889-7222.