



Learning Objectives:

1. Recognize the signs and symptoms of care giver trauma
Participants will be able to recognize the emotional, physical and relational indicators of trauma, caregiver fatigue, and burnout specific to parents and caregivers with children who have complex needs.
2. Understand the impact of chronic stress on caregiver well-being
Participants will be able to describe how repeated exposure to stress and trauma affects nervous system health, relationships, and overall functioning and why addressing it is critical for both caregiver and child well-being.
3. Implement practical strategies to build resilience and heal from burnout
Participants will leave with small, but impactful steps they can take to build resilience each day, promoting nervous system stability and relational health, all of which buffers against the impact of caregiver trauma

Timed Agenda:

0-5 Minutes: (slide 1) Introductions, orientation to the Brain First framework and caregiver/parent experience within the framework

6 – 20 Minutes: (slides 2-7) 3 essential “ingredients” caregivers/parents need to attune to their child, why parent/caregiver history matters and impacts their experience

21 - 25 Minutes: (slide 8) What is resilience? Define, provide examples

26 – 32 Minutes: (slide 9-10) Define relational stress, compassion fatigue, caregiver burnout, blocked care

33 - 43 Minutes: (slide 11-13) Define regulation, autonomic nervous system, connection to caregiver experience

44 - 50 Minutes: (slide 14-16) Define trauma, signs and symptoms

50 – 55 Minutes: (slide 17-20) Grief, signs and symptoms, define disenfranchised grief

56- 60 Minutes: (slide 21-24) How to build resilience each day

61-90 minutes: Q&A