



Family Futures

Guiding Families Forward



Healthy Development Training: Lunch and Learn Series

This training series is for 1-2 administrative or supervisory staff from each Ready by Five Funded Agency. Training will cover essentials for understanding trauma and practicing and building resilience in communities.

Training may be eligible for CEUs



Training Topics:

Understanding Trauma and Practicing Resilience

Resilience, Trauma, & Biology: A Deep Dive

Understanding Vicarious Trauma &
Building Professional Resilience

The Impact of Tuning into a Child's Mind on Developmental Outcomes

Engaging Families & Communities in Fostering Resilience: The Self-Healing
Communities Model

Preventing Childhood Trauma Using
Evidence-Based Strategies

[Click here to Register!](#)

Training Location:
Family Futures
River Room
678 Front Ave NW
Grand Rapids MI 49504

All sessions will be
11 a.m. - 2:30 p.m.

Session 1:
April 11

Session 2:
May 1

Session 3:
May 16

Session 4:
May 30

Session 5:
June 6

Session 6:
June 20

Facilitator: Brooke Aernouts, M.Ed., Trauma and Resilience Coordinator at Family Futures. Brooke has extensive teaching and training experience working with educators, nonprofit professionals, and community members. Brooke has a special interest in the lifetime impact of early childhood adversity and bringing nonprofit professionals together toward a common goal.

Facilitator: Gwenden Dueker, Ph.D., developmental psychologist and biostatistician. She is a Professor at Grand Valley State University where she teaches courses including Child Development, Life-span Human Development, Trauma and Resilience across the Human Lifespan and Research Methods in Psychology. Her research interests include Infant cognitive development, predictors of developmental outcomes 0-5 and understanding contexts of child maltreatment in Kent County Families. Dr. Dueker has served as a Michigan ACE Master Trainer since 2018.



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Training Summaries

[Session 1: Understanding Trauma and Practicing Resilience](#)

This training has three components. Part 1 covers the biological mechanisms by which experiences and trauma affect human development. Part 2 introduces the concept of Adverse Childhood Experiences (ACEs) and provides data about the frequency of ACEs and the later health outcomes associated with exposure to childhood trauma. Part 3 introduces a multilevel model of resilience and discussion of personal, relational and community-level interventions to support positive outcomes for all people.

[Session 2: Resilience, Trauma, and Biology - A Deep Dive](#)

The training will first present information about how human experiences interact with human genes to create all human outcomes (Nurture & Nature). After that, the presentation will focus on three mechanisms of neuroplasticity in the human brain and explain how grey matter, white matter and brain organization patterns change in response to experiences of trauma and experiences that build resilience.

[Session 3: Understanding Vicarious Trauma and Practicing Professional Resilience](#)

This module will introduce the concept of Vicarious Trauma (VT) and present research about the prevalence and effects of VT on professionals including effects at work and at home. The presentation will introduce evidence-based strategies for individuals and organizations to reduce the negative effects of VT and to foster professional resilience for folks in caring professions.

[Session 4: The Impact of Tuning into a Child's Mind on Developmental Outcomes](#)

This session will first introduce the concept of mind-mindedness and how it is measured by psychologists. The rest of the session will focus on presenting research studies that have investigated the relationships between mind-mindedness and various outcome measures such as attachment security, language development, and understanding of the mind. Intervention studies will also be presented to show how developmental outcomes and quality of parent-child relationship can be improved after the level of mind-mindedness is increased through interventions.

[Session 5: Preventing Childhood Trauma Through Evidence-Based Strategies](#)

This session will first provide a short overview of the frequency and consequences of exposure to childhood trauma. The presentation will concentrate on six, evidence-based strategies that can prevent childhood trauma exposure. Information about Kent County residents and local initiatives and organizations that are already engaging in evidence-informed practices to prevent childhood trauma exposure will be included. The presentation will also highlight opportunities for policies that can support reduction and/or prevention of childhood trauma exposure.

[Session 6:](#)

[Engaging Families and Communities in Fostering Resilience - The Self-Healing Communities Model](#)

Because trauma is both individual and collective, healing needs to be both individual and collective as well. This training will provide a brief overview of the importance of resilience practices for preventing exposure to childhood trauma and then dive into evidence-informed principles to guide interventions likely to support resilience among children, parents and the communities where families reside. The trainer will present a multi-level definition of resilience and provide examples of effective intervention strategies that can support the “layering-up” of resilience in children, families and communities. Additionally, the Self-healing Communities framework will be introduced.