



Being Trauma Responsive: Strengthening Our Trauma Informed Practices
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Presentation Slides: [Here](#)

Presentation Recording: [Here](#)

Brought to you by:

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Please complete this evaluation of the webinar, and we appreciate your feedback and ideas for future topics.

- Access the Evaluation Survey [HERE](#)

Questions:

How is flop different from freeze?

- With freeze young adults will still want to show up. They have the trauma, but may not know how to respond. With flop, they are completely disconnected and are pushing you away.

Earlier you mentioned information great for helping identify each trauma response (Fight, flight, etc). Do you have tips for best serving participants showing each of these responses?

- We don't want to push the individual too much as we may not fully understand their trauma. However, we want to reassure them of the fact that we are here to support them and create space for them to self-regulate. Once regulated we can remind them of the services and expectations in our program that are available to them.

Additional Resources:

- [Self-Reflection Activity](#)
- How Trauma Affects the Child Brain <http://www.practicenotes.org/v17n2/brain.htm>
- SAMHSA <https://www.samhsa.gov/mental-health/trauma-violence/trauma-informed-approaches-programs>
- Coalition to Abolish Slavery and Trafficking <https://www.castla.org>
- [Dream Brochure](#)
- [Family Advocacy](#)
- [Human Trafficking Resources](#)
- [LA County Fact Sheet](#)
- [LA Drop In Center Flyer](#)
- [Resources for Child Sexual Exploitation Survivors](#)
- *What Happened to You?* (Dr. Bruce Perry)
- *Fostering Resilient Learners* (Kristin Souers, Peter Hall)
- *Trauma-Sensitive Schools* (Susan E. Craig)
- *The Real Self Care* (Dr. Pooja Lakshmin, MD)

Upcoming Trainings

- [Co-Design or It Didn't Happen, May 20th 10am-11:30am](#)