

Stability for Children and Families

Handout Sequencing:

- #1: Introduction to Children and Trauma
- #2: Tips for Being a Fabulous Trauma-Informed Resource Parent
- #3: Stability Study for Sandra Case Part 1
- #4: Recommendation for Promoting Secure and Healthy Attachment with Children
- #5: Learning Your Child's Language
- #6a: Understanding Triggers
- #6b: What Does Your Child Look Like When Triggered
- #6c: Identifying Your Child's Triggers
- #7: Supporting Modulation
- #8: Tuning Into Yourself
- #9: Taking Care of Yourself
- #10: Self-Care Check-Up
- #10a: Self-Care Plan
- #11: Self-Care Inventory
- #12a: Ways Child Welfare Professionals Can Prevent Secondary Traumatic Stress
- #12b: Stability Study – Terry
- #13: Small Test of Change Worksheet
- #14: Stability Study- Sandra Case Part 2

Resource Pages:

- R#1: Vicarious Trauma Resources
- R#2: Bibliography
- R#3: Take Home Points