

Child Trauma Training Video Series Discussion Questions

Video 1: Child Traumatic Stress

- How much of this information was new to you? Did any of this information surprise you?
- Why do you think it is helpful to know about the different types and categories of trauma?
- How do you think understanding trauma and resilience can help you in your work?

Video 2: Understanding Trauma Responses

- Where do you see this information on common responses to trauma being most important in your day-to-day work?
- What types of trauma responses do you think might challenge you the most and why? What do you think could help you in managing these responses?
- Have you ever seen trauma responses in your previous work? If so, how did you respond? If not, how do you think you might respond?

Video 3: Engaging Kids Who have Experienced Trauma

- Based on what you learned about how to engage and support kids and families exposed to trauma, what are a few ways you can apply this information in your role?
- What are two or three specific things you think you could do to create a safe environment for kids and families in your work?
- What concerns or worries do you have about supporting kids and families who have been exposed to trauma?

Video 4: The Impact of Trauma on Helping Professionals

- What information from this video resonated for you? Did anything surprise you or make you worry?
- What do you think are some strategies that would be helpful for you to put in place to prevent symptoms of secondary traumatic stress?
- When you think about starting your new role, what makes you feel proud or excited about the work?