



NC AHEC *and* NITEWD *present*

a Trauma Education Series

North Carolina Area Health Education Center (NC AHEC) and the National Initiative for Trauma Education and Workforce Development (NITEWD) are partnering to bring you a four-part continuing education series that strengthens mental health practitioners' capacity to deliver effective, culturally responsive trauma-informed care to children, adolescents, and families. Rooted in NITEWD's national SAMHSA-funded initiative at the UNC School of Social Work, this training equips providers with practical, evidence-informed strategies to enhance safety, resilience, and healing for youth impacted by trauma.

Core Components and Skills for Trauma Informed Practice

4.5 Credit Hours

Completion of this FREE, self-paced training is recommended prior to completing steps 3 & 4.

REGISTER NOW

Overview of the Core Components and Skills for Trauma Informed Practice

NC AHEC is offering 3 opportunities to attend this LIVE webinar.

FEBRUARY 5TH 10 AM - 12 PM

Eastern AHEC

FEBRUARY 11TH 10 AM - 12 PM

SEAHEC

FEBRUARY 24TH 10 AM - 12 PM

Wake AHEC

Case Studies: Advanced Training in Trauma Practice

Participants may choose to attend one, two, or all three case studies depending on their learning needs and interest.

The Case of Emma Grace March 11th

The Case of Diego April 21st

The Case of Jamal May 6th

Consultation Calls

Discuss the application of specific common trauma-informed practice elements in your own practice. These calls are designed for individuals who have completed a Core Components training and who have attended a minimum of one Advanced Training Case Study.

REGISTER NOW

This program is being supported by the UNC-Chapel Hill, School of Social Work AHEC Training Partnership

Overview of the Core Components and Skills for Trauma-Informed Practice

Description

This course will provide an overview of twelve trauma-informed practice elements and skills, identified in an earlier research study (Strand, Hanson, Courtney, 2013) as the most commonly occurring across evidence trauma treatments. It orients mental health and affiliated practitioners to the common elements approach and rationale for focusing on trauma informed reactive elements providing a foundation for the Core Components and Skills for Trauma Informed Practice (online self-paced training). This training conceptualizes a trajectory of intervention that considers the impact of trauma as articulated in the National Child Traumatic Stress Network's (NCTSN) Core Concepts for Understanding Traumatic Stress Responses in children and families, the intervention objective that the therapist has in mind to ameliorate the impact of trauma and then introduces the 12 most common practice elements that are known to be effective for children and families to meet intervention objectives. Effective use of trauma-informed practice elements involves the interconnection of these factors in the context of a sound therapeutic relationship supported using these elements in the context of attention to self-care for providers.

Presenter

Sarah E. "Betsy" Bledsoe, Ph.D., MPhil, MSW, is an Associate Professor at the University of North Carolina at Chapel Hill School of Social Work. She is Co-Director of NITEWD and a consultant with the Center for Adjustment, Resilience & Recovery. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh. She has expertise in mental health services, intervention, and implementation research with a focus on mood, anxiety, and trauma related disorders during the perinatal period and beyond.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. Additionally, she has been a consulting editor for Social Work Research and Social Work and has served on the editorial review board of Research on Social Work Practice, Social Work in Mental Health, and Social Work in Health Care.

Target Audience

This LIVE webinar is appropriate for mental health clinicians, school-based personnel and all other interested healthcare professionals.

Dates & Times

Eastern AHEC
Thursday February 5, 2026
10AM-12PM

[Register HERE](#)

SEAHEC
Wednesday February 11, 2026
10AM-12PM

[Register HERE](#)

Wake AHEC
Tuesday February 24, 2026
10AM-12PM

[Register HERE](#)

Learning Objectives

At the conclusion of this live webinar, participants should be able to:

- Review the prevalence and impact of trauma on children, adolescents and families;
- Provide an overview of the NCTSN's 12 Core Concepts;
- Introduce the 12 Common Trauma Informed Practice Elements;
- Attend to the importance of self-care for practitioners and other professionals and paraprofessionals working with children and families impacted by traumatic stress.

Registration Fees and Credit

Registration is \$30 and includes cost of instruction and 2 hours of credit. For specific credit details, please see the last page.

Case Studies: Advanced Training in Trauma Practice

Description

This series of case-based trainings is designed to strengthen practitioner competency in implementing evidence-based, trauma-informed practice elements with children, adolescents, and their caregivers. Each session centers on a different case study—participants may choose to attend any one, two, or all three depending on their learning needs and areas of interest.

Across the series, participants will explore how trauma affects child and adolescent development—biologically, emotionally, socially, and cognitively—and will learn to recognize the ways that hardship, adversity, and cultural context shape experiences of trauma. The trainings emphasize the importance of client and therapist positionality and its influence on the therapeutic alliance.

Through interactive activities, case discussions, and hands-on application, attendees will practice a range of trauma-informed intervention strategies, including assessment, psychoeducation, safety planning, emotional and behavioral regulation skills, cognitive and non-verbal interventions, and approaches to trauma processing. Each session integrates culturally responsive practices and emphasizes fostering resilience, supporting family systems, and promoting healing within developmentally appropriate frameworks.

Faculty

Dr. Laura Quiros earned a Doctor of Philosophy in Social Welfare from The Graduate School and University Center of the City University of New York. She also earned a master's degree in social work from Hunter College School of Social Work and a bachelor's degree in Psychology from Skidmore College.

Dr. Quiros is an Associate Professor of the Department of Social Work and Child Advocacy at Montclair State University. Her research and scholarly interests focus on trauma-informed care through a social justice lens and the social construction of racial and ethnic identity.

Dr. Quiros was awarded the Adelphi University 2021 Award for Excellence in Teaching Social Justice, Equity, Diversity, and Inclusion (SJEDI). The annual Excellence in Teaching SJEDI Award honors an Adelphi professor who demonstrates a commitment to SJEDI inside the classroom above and beyond the standard curriculum for the faculty member's discipline.

As a woman of color from a multicultural background, Dr. Quiros leverages her experiences, relationship building, and clinical skills to foster connections, inclusion, and empathic accountability.

Target Audience

These advanced trainings are designed for mental health practitioners and clinicians who have completed the Core Components and Skills for Trauma-Informed Practice course. Practitioners may register for one, two, or all three trainings depending on their areas of professional interest or client focus.

Registration Fees and Credit

Registration is \$50 per case and includes cost of instruction and 4 hours of credit. For specific credit details, please see the last page.

The Case of Emma Grace

with SEAHEC

March 11th | 9 AM - 1:30 PM

Mr. Seamus Connor Brennan, Sr. was an EMT and died from COVID-19 six weeks ago in front of his family and several colleagues. During his death the family witnessed his distress including hearing his sternum break at the time CPR was performed. The Brennan family is having difficulty with grief, loss, and post-traumatic stress symptoms. Due to the pandemic, the family is currently isolating at home, and Mrs. Brennan is worried about Emma Grace's increased externalizing behaviors.

REGISTER NOW

The Case of Diego

with Eastern AHEC

April 21st | 9 AM - 1:30 PM

Diego, a Mexican American 17-year-old who lives with his mother in an African American and White urban neighborhood where poverty is prevalent and where he has witnessed, and become involved in, significant gang activity.

REGISTER NOW

The Case of Jamal

with Wake AHEC

May 6th | 9 AM - 1:30 PM

Jamal is a 10-year-old African American boy living with his maternal grandmother. He is referred by the school after he disclosed sexual abuse ("nasty games") involving touching his private parts by his babysitter's boyfriend, which occurred when he was living with his mother.

REGISTER NOW

Credit

Contact Hours (Category A) CE for NC Psychologists up to 14.0

This program will provide up to 14.0 contact hours of (Category A) continuing education for North Carolina Psychologists. No partial credit will be given.

NBCC Hours up to 14.0

SEAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5597. Programs that do not qualify for NBCC credit are clearly identified. SEAHEC is solely responsible for all aspects of the programs.



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.



Wake AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6477. Programs that do not qualify for NBCC credit are clearly identified. Wake AHEC is solely responsible for all aspects of the programs.



Contact Hours up to 14.0

This program will provide up to 14.0 contact hours. Contact hours may be submitted to the board by Licensed Clinical Social Workers for continuing education credit approval.

North Carolina Public School Personnel Renewal Credit up to 14.0

Contact Information

If you have questions about a program, please contact the regional AHEC affiliated with that particular program:

Eastern AHEC

Contact: eahecmentalhealth@ecu.edu

South East AHEC

Contact: shawna.eveland@seahec.net

Wake AHEC

Contact: krmurphy@wakeahec.org

Cancellation/Refund Policy

- Registrants cancelling between two weeks and five full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than five full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) are welcome (notify us of this in advance of the program.)
- Cancellations must be in writing (fax, email, or mail.)



If you have any questions about accessibility or special needs assistance, please contact your AHEC directly.

EASTERN AHEC
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SEAHEC
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WAKE AHEC
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