



NEW! Trauma-Informed Care: Making Peace with the Past with

Lisa Kendall

Thursday, October 17, 2019

9:00 am – 4:00 pm

Fee \$135, includes light refreshments (lunch will not be provided)

REGISTER ONLINE at www.hsctc.org/workshops

**Borg Warner Conference Room, Tompkins County Public Library,
E. Green St. at S. Cayuga St., Ithaca ([driving and access directions below](#))**

Presented by the Human Services Coalition

Co-sponsored by the Tompkins County Public Library

Emotional trauma can affect health and well-being across one's lifespan. Trauma affects individuals, families, and communities by disrupting healthy development, adversely affecting relationships, and contributing to mental health issues including substance abuse, domestic violence, and child abuse.

The good news is that trauma is treatable. You can become trauma-informed and resilience-focused to best meet the needs of the people you serve. The use of person-directed, culturally competent, trauma informed interventions can improve quality of life for people and families seeking your help.

This day-long, interactive workshop will provide you with information, insight, and approaches to assist those who have experienced trauma. You will gain a clear understanding of trauma, trauma dynamics, and the core principles of trauma-informed practice.

This training will enable you to reformulate your daily work practice and ask, "What happened to you?" rather than, "What is wrong with you?" You will take away information and resources to help you further explore hope, healing, and well-being for the people and families you serve.

In this session, you will:

- Learn about what trauma is, how common it is, and its effects
- Understand the five key principles of the trauma informed care approach
- Learn common ways unresolved trauma presents itself and may keep individuals from participating in care and services
- Learn how to apply a trauma-informed lens to reframe symptoms to solutions
- Learn how to integrate trauma awareness and responsiveness into your organization
- Learn how to create your own trauma-informed care implementation team

About the Presenter

Lisa Kendall is a social work psychotherapist and clinical gerontologist who has passionately supported well-being for consumers and professional care partners for over 40 years. Formerly Senior Consultant for Work and Family Services at Cornell University and now serving on the President's Advisory Council for Work and Family Affairs, Lisa maintains a private counseling and consulting practice in Ithaca NY. She is an Educator and Mentor for The Eden Alternative and teaches the nationally recognized Fieldwork course for the Ithaca College Gerontology Institute. Lisa speaks to international audiences about the importance of person-directed, trauma-informed Elder care and consults with individuals and organizations to support best practices. You can read Lisa's blog on self-care at www.lisakendallcounseling.com/blog.

Registration and Payment

Register online at www.hsctc.org/workshops. If you are unable to register and pay online please call 607-273-8686 or email registration@hsctc.org.

Cancellation Policy

All registration sales are final - we are unable to refund or transfer fees onto a different workshop for missed sessions. At times a workshop may be cancelled due to inclement weather or other issues. If this occurs, we will post the cancellation on our website: www.hsctc.org/workshops, email all registered participants, and refund any prepaid fees. If you plan to walk-in, please check our website for the most up-to-date information prior to attending.

Scholarships

Limited scholarships are available to agencies whose non-profit board and staff members cannot attend without one. To request a scholarship, email: registration@hsctc.org in advance of the workshop.

Snacks

Coffee, other drinks, and snacks are provided at all workshops; lunch is not provided. Attendees at sessions in the Borg Warner Room may leave and eat lunch on the beautiful Ithaca Commons.

Special Needs

Please notify us if you have any special needs; the Coalition wishes to make its workshops accessible to everyone.

For the comfort of everyone, HSC workshops are fragrance free. We appreciate your cooperation.

Driving and access

The Library is located in downtown Ithaca on the corner of East Green and South Cayuga Streets.

Directions for accessing the Library

The Library does not open its Main door until 9:30 am, please go to the northeast corner of the building opposite the TCAT Green Street Station, turn right and enter at the door on the right under the green canopy. The Borg Warner room is immediately on your right.

Driving Directions

From North or South on Rt. 13 or 34: Proceed to Green Street in downtown Ithaca. Turn East (toward Cornell and downtown) on Green Street. Proceed approximately six blocks to Cayuga St, take a right turn and proceed as below.

From South on Rt. 96b: Proceed down hill on Aurora Street to East Clinton Street. Turn left and proceed to Cayuga Street. Turn right on Cayuga Street and proceed as below.

From East on Rt. 79 or 366: Proceed to downtown on State St hill and veer right onto Seneca St at the bottom of the hill. Stay in the left lane of Seneca St until you come to Cayuga St. Turn left on Cayuga St and proceed as below.

From West on Rt. 79, 96 or 89: Proceed east to Fulton St. Turn right on Fulton St and stay in the left lane. Turn left on Green St and proceed about seven blocks to Cayuga Street. Turn right and proceed as below.

From all directions: Park in the Cayuga St. parking garage behind the Library and across from the Hotel Ithaca, or in the Green St. garage (entrance is past the "Pay and Display" and after the Cinemapolis sign on the left) diagonally across from the Library. Please note that "Pay and Display" parking is an option but the cost is twice that of the Green St. or Cayuga St. garages. The Library does not open the main door until 9:30 am, so go to the northeast corner of the Library building next to the TCAT Green Street Station, turn right and enter at the door on the right under the green canopy. The Borg Warner room is immediately on your right.

Accessible Parking

We recommend parking on the first floor (it's actually the second floor of the structure) of the Green Street parking garage near the lime green wall labeled "Green Street." There is an elevator that will take you down to the ground floor which outlets at the crosswalk on Green Street. Cross the street, turn right and it's a short distance to the northeast corner of the library, next TCAT's Green Street Station. Enter at the door under the green canopy. The Borg Warner room is immediately on your right. If the accessible parking spots are taken near the elevator you can also go one floor up and there are more spaces next to the elevator on the roof.

The Coalition is a United Way agency.