



6-MONTH 30 HOUR TRAUMA CERTIFICATE PROGRAM

November 2021-April 2022

on Zoom

Reserve your spot today!

*Open to case managers, lawyers, interpreters, interns
and other direct and indirect service providers interested in understanding
and integrating trauma-informed practice.*

Register here:

https://nsc.ticketleap.com/trauma-certificate-course-202122/dates/Nov-04-2021_at_0200PM



Questions and Registration:

Email Gwen Soffer at gsoffer@nscphila.org

**Nationalities Service Center, 1216 Arch St. 4th Floor, Phila., Pa. 19107
215-893-8400. www.nscphila.org**

Dates and Topics: 1st and 3rd Thursday of the month

Month	Theme	Topics
November 11/4/21 11/18/21 2-3:30 pm Zoom	Trauma 101	Defining trauma Fight/flight/freeze response PTSD and posttraumatic stress Possible trauma response Intro to vicarious trauma
December 12/2/21 12/16/21 2-3:30 pm Zoom	Trauma 102	Neurobiology of trauma PTSD/complex trauma ACES study Trauma and the body Trauma and memory
January 1/6/22 1/20/22 2-3:30 pm Zoom	Trauma and Culture (visiting speakers)	Western bias mental health Cultural expression of trauma Special populations: Refugees, Asylum Seekers, Trafficking, DV, etc.
February 2/3/22 2/17/22 2-3:30 pm Zoom	Trauma-Informed Concepts	Agency wide Case Managers Lawyers Teachers Direct Service Delivery
March 3/3/22 3/17/22 2-3:30 pm Zoom	Vicarious Trauma	Signs and symptoms Warning signs Trauma Stewardship Self-Care Body-based strategies
April 4/7/22 4/21/22 2-3:30 pm Zoom	Special Interest	Choose topic of interest Research and Roundtable Discussion Presentations

Certificate Fees

Participants	Fee
NSC Staff and Interns	Free
Small Organizations or Individuals (1-49 employees)	\$250/person
Medium Organizations (50-99 employees)	\$350/person
Large Organizations (100+ employees)	\$450/person

All participants will receive a copy of *The Body Keeps the Score* by Bessel van der Kolk and *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky

Facilitator:

Gwen Soffer, MSW, TCTSY-F, E-RYT serves as the Manager of Wellness at NSC, coordinating onsite clinical and holistic trauma-informed wellness programming as well as staff self-care and professional development. She holds Master's degree in Social Work with Trauma Specialty Certificate from Widener University. She is TCTSY-F certified through the Center for Trauma and Embodiment at the Justice Resource Institute and has been working in the trauma-informed wellness field for over fifteen years. She co-developed Trauma-Informed Lens Yoga, presents regularly on the topic of trauma and wellness and has published multiple articles and chapters on trauma-informed wellness practices. Her belief in the power of connection and the potential of healing drives her passion for trauma-informed practice.