



2025-26 TRAUMA PROGRAM

Deepen your trauma awareness and practice skills to offer trauma-informed care

WHAT TO EXPECT?

The Bucks-Mont Collaborative has been dedicated to increasing trauma awareness, education, and trauma-informed care in Bucks and Montgomery Counties for a decade. In these interactive workshops, we will focus on understanding the impact of trauma on the individual, family, community, and systems in which we work/serve, and practice learned skills to offer trauma-informed care.

WHO ARE THE FACILITATORS?

Trauma workshops are available through volunteer trainers, licensed through [Lakeside Global Institute](#). These individuals have completed Lakeside's Enhancing Trauma Awareness course and the 25-hour Train the Trainer course to become licensed adjunct trainers.

Thank you Melissa Groden, Deborah Harris, Nadja Mummery, and Sherry Wherry for facilitating these sessions! [Learn more about these trainers.](#)

NEW FOR 2026: APPLIED LEARNING CIRCLES (ALC)

Bridging Knowledge and Practice in Trauma-Informed Care

We have listened closely to our trauma-informed community, and your feedback has been clear: *You are looking for meaningful opportunities to practice and refine your skills in a supportive environment.*

In response, we have developed a 12-month pilot of Applied Learning Circles (ALCs). These circles are designed to serve as a practical bridge, complementing each of these Trauma Workshops: 101, 102, 103, 107 & 108.

A Collaborative Foundation

The ALCs are the result of a collaborative partnership between Lakeside Global Institute and the Bucks-Mont Collaborative. ALC curriculum was developed by Lakeside-trained professionals. [Our deep thanks to these wonderful eight leaders!](#)

What to Expect

ALCs will move beyond theory into application. Each **2-hour, in-person** circle includes:

- Case Studies + Vignettes: Navigate real-world scenarios to deepen perspective and practice.
- Facilitated Dialogue: Engage in peer-to-peer learning guided by Lakeside-trained professionals.
- Supportive Resources + Tools: Walk away with materials designed to sustain your practice.

We look forward to learning, practicing, and growing alongside you as we strengthen our collective impact.

CEU ELIGIBLE WORKSHOPS

Included for Free with Your Membership!

Date	Session
September 25 10:00am-12:00pm	Trauma 101: An Overview of Trauma-Informed Care
October 22 10:00am-12:00pm	Trauma 102: Basic Skills of Trauma-Informed Care
November 13 10:00am-12:00pm	Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers
December 11 9:30am-12:30pm	The Trauma Impacts of Poverty and Discrimination
February 12 10:00-11:30pm	Intergenerational Trauma: Science and Cycles
May 7 9:00am-1:00pm	Trauma 107: Trauma-Informed Cultural Sensitivity REGISTER
May 13 10:00am-12:00pm	Trauma 107: Applied Learning Circle (ALC) [In-person]
June 4 9:00am-1:00pm	Trauma 108: Trauma and Racism REGISTER
June 11 10:00am-12:00pm	Trauma 108: Applied Learning Circle (ALC) [In-person]

Applied Learning Circles will take place at the FluxSpace Raccoon Room, 60 Buttonwood St., Norristown, PA.



SESSION OVERVIEWS

Trauma 101: An Overview of Trauma-Informed Care

September 25 | 10:00am-12:00pm | Zoom

Research shows that 67% of people experience childhood adversities linked to lifelong impacts. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

Trauma 102: Trauma 102: Basic Skills of Trauma-Informed Care

October 22 | 10:00am-12:00pm | Zoom

Building on the information provided in Trauma 101, professionals expand their understanding by learning practical skills to engage with trauma-impacted individuals in healthy, supportive ways. This hands-on, interactive workshop offers tools and practice to help professionals prevent, avoid, and respond effectively to trauma.

Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers

November 13 | 10:00am-12:00pm | Zoom

The emotional and physical cost of being an engaged and empathetic caregiver can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue, and burnout, caregivers are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

The Trauma Impacts of Poverty and Discrimination

December 11 | 9:30am-12:30pm | Zoom

In this training, we will strive to understand the intersectionality of poverty, trauma, and discrimination. With this understanding, we will identify the unique challenges faced by people who experience multiple forms of oppression; and develop strategies for working with people who have experienced poverty, trauma, and discrimination in a trauma-informed and culturally competent way

Intergenerational Trauma: Science and Cycles

February 12 | 10:00-11:30pm | Zoom

Unlock a deeper understanding of trauma and its ripple effects across generations. This session is designed for health and human services professionals and front-line staff who are curious about how past events can shape present realities. This training offers more than just information; it provides insight and empathy—by understanding the science behind intergenerational trauma, you'll be better equipped to support clients, family members, or even yourself.



SESSION OVERVIEWS (CONTINUED)

Trauma 107: Trauma-Informed Cultural Sensitivity

REGISTER

May 7 | 9:00am-1:00pm | Zoom

Enhancing cultural competence and encouraging cultural humility is essential to increasing access and improving the standard of care for traumatized children, families, and communities. Through presentation and group interaction, identify factors that influence emotional health and learn to infuse cultural awareness at every level of support.

Trauma 107: Applied Learning Circle (ALC) [In-person]

May 13 | 10:00am-12:00pm | Raccoon Room, 60 Buttonwood St., Norristown, PA

This circle moves us from theory and understanding into practice. With a goal of strengthening participants' trauma-informed competencies and understanding of the impact of shared cultural trauma through guided reflection, experiential learning, and applied practice, we aim to make it easier and more comfortable to use the tools and knowledge gained in Trauma 107.

Trauma 108: Trauma and Racism

REGISTER

June 4 | 9:00am-1:00pm | Zoom

This workshop will examine racism's history, components, and impact through the lens of trauma. Topics include implicit bias and the neuroscience of bias; white privilege, colorism, and microaggressions; the intersection of racism and trauma; among other important topics. Engage in reflection and constructive conversations for consideration of action steps to take as individuals, communities and a society to challenge and change attitudes, beliefs and behaviors around race.

Trauma 108: Applied Learning Circle (ALC) [In-person]

June 11 | 10:00am-12:00pm | Raccoon Room, 60 Buttonwood St., Norristown, PA

In this circle, we will integrate the themes and tools from Trauma 108 into our work and lives. We will work through guided reflection, experiential learning, and applied practice to strengthen participants' use of trauma-informed approaches to acknowledge and deconstruct racist systems that cause harm and perpetuate cycles of trauma.