



Aetna Better Health® of Kentucky



TRAUMA-INFORMED CARE TRAINING



Trauma-Informed Care Training

This training will provide a brief overview of the types of trauma children/adults may be exposed to and symptoms of traumatic stress. Participants will learn about the elements of a trauma-informed system and will increase their knowledge and practice of emotional regulation strategies that can reduce traumatic stress symptoms in clients. Participants will learn how to complete trauma-informed safety plans, as well as develop an understanding of what clients will most benefit from the safety planning intervention.

Event Details

There are two session dates to choose from.

11/02/21 from 9:30 am – 12:30 pm ET

11/18/21 from 9:30 am – 12:30 pm ET

This training is sponsored by Aetna and led by the University of Kentucky Center on Trauma and Children which is committed to developing and disseminating knowledge and practices to reduce the effects of trauma on children across the life cycle. Visit <https://www.uky.edu/ctac/> for more information on the center.

For more information about this training and to register, please contact Dawn Burke BurkeD3@Aetna.com. Advance registration is required



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