

# Childhood Trauma, Stress and the Developing Brain

## Foundations of Caregiver Support

### Course Description

Children and youth who experience trauma (an event, series of events, or set of circumstances experienced as physically or emotionally harmful or life threatening) can have lasting adverse effects on their functioning and development including their mental, physical, social, emotional, or spiritual wellbeing. Exposure to family violence, abuse, neglect, and substance misuse are all contributing factors to trauma. This course will begin to help you understand how trauma has an effect on a child or youth's developing brain.

This 'Childhood Trauma, Stress and the Developing Brain' is one of the five introductory trainings within the Foundations of Caregiver Support Training Series. The five trainings include:

- Colonization, Historic Trauma and Healing Training.
- Childhood Trauma, Stress and the Developing Brain.
- Core Story of Brain Development.
- Child Development and Wellbeing.
- Through the Lens of Loss & Grief.

### Learning Objectives

- Understand the impact of Adverse Childhood Experiences (ACEs).
- Understand trauma and the two types of trauma (acute & complex).
- Recognize how trauma impacts patterns of thoughts.
- Understand the importance and role of 'trauma buffers'.
- Understand how children in care are impacted by trauma.
- Gain an understanding of the stress response system and the brain's response to stress.
- Recognize the negative impact of excessive stress hormones on child development.
- Understand the role of trauma-informed caregiving in supporting children in care.
- Understand how a trauma-informed care environment can support children in care.

### Resources

Aces Too High -Website explains the ACE study, its origin, and key findings

Link: <https://acestoohigh.com/2012/10/03/the-adverse-childhood-experiencesstudy-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

Centers for Disease Control and Prevention (CDC) Adverse Childhood Experiences - Website contains information regarding ACE studies, ACE resources, publications, and presentation graphics

Link: <https://www.cdc.gov/violenceprevention/acestudy/index.html>

Alberta Family Wellness Initiative Brain Architecture -Website explains how early childhood experiences impact brain architecture

Link: <http://www.albertafamilywellness.org/what-we-know/brain-architecture>

Managing Trauma and Ways to Recover - Website provides description of different types of trauma

Link: [https://www.kidsmatter.edu.au/sites/default/files/public/03\\_Managing%20trauma%20](https://www.kidsmatter.edu.au/sites/default/files/public/03_Managing%20trauma%20)

Child Development and Trauma Guide - Website identifies age specific trauma-impacted behaviours

Link: <https://www.secasa.com.au/pages/child-development-and-trauma-guide/>

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Center on the Developing Child Toxic Stress - Website explains the stress response system and the three levels of stress response

Link: <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>