

Effects of Trauma on the Brain Development of Children and Adolescents

DATE & TIME:

February 4, 2026

9:00AM - 1:00PM

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE:

Web Broadcast – Zoom

REGISTRATION:

<https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13411>

DESCRIPTION: Trauma experienced in childhood and adolescence can have lasting, devastating effects on brain development especially when the trauma is chronic, unbuffered, or occurs in the absence of stable caregiving. This training explores how exposure to trauma, including abuse, neglect, community violence, systemic oppression, and household dysfunction, alters the developing brain in ways that can shape how children learn, regulate emotions, form relationships, and perceive safety in the world around them. This training will explore brain-based impacts in depth and will offer both a neuroscience-informed and hope-centered lens. It will emphasize the importance of nurturing environments, culturally grounded care, and trauma-informed practices across systems that serve children. Information will provide a deeper understanding of how trauma alters the developing brain along with best practices and strategies for support..

TARGET AUDIENCE: DMH staff and contracted mental health providers rendering specialty mental health services to children and youth in the child welfare system and/or community.

OBJECTIVES:

As a result of attending this training, participants should be able to:

1. Describe the impact of trauma on key regions of the developing brain, including the amygdala, hippocampus, and prefrontal cortex, and how these changes may manifest in children's behavior and emotional regulation.
2. Identify at least three long-term developmental, psychological, or behavioral outcomes associated with early trauma exposure in children and adolescents.
3. Assess the role of attachment, safety, and co-regulation in supporting trauma recovery and promoting healthy neurodevelopment.
4. Apply at least two trauma-informed and developmentally appropriate strategies when working with children and adolescents who have experienced trauma.
5. Demonstrate culturally responsive practices that honor and integrate the family's cultural background, values, and historical context when engaging children and caregivers impacted by trauma.

CONDUCTED BY:

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COORDINATED BY: Yenì Cruz, LCSW - Training Coordinator
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DEADLINE: When capacity is reached.

**CONTINUING
EDUCATION:** 4.0 hours for BBS, BRN, CCAPP-EI
4.0 CE for Psychologist

COST: NONE