

## The Neurobiology of Trauma: An Update on the Science of Trauma

**DATE & TIME:**

**December 9, 2025**

**8:30AM - 12:30PM**

*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 - Microsoft Teams

**REGISTRATION:** <https://eventshub.dmh.lacounty.gov>

**DESCRIPTION:** Neurobiology shows that traumatic events affect the brain both at the time of the event and over the lifespan. Once the neurobiology of trauma is understood, staff and agencies can better understand client reactions, better understand how to minimize re-traumatization and triggering interaction, and know how to use neurobiology to create safety and connection. Through this training, participants will deepen their understanding of the neurobiological effects of trauma, incorporating the latest scientific updates into their practice. This training aims to equip mental health professionals with an advanced knowledge of how trauma impacts the brain, fostering a more informed and nuanced approach to trauma-informed care.

**TARGET AUDIENCE:** Staff from DMH directly operated and contracted programs

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

1. List the three (3) layers of the Neurosequential Model of Therapeutics.
2. Identify cultural differences in understanding client reactions to trauma and their implications for treatment.
3. Incorporate the social engagement system into the traditional autonomic nervous system model.
4. Define neuroception and its three (3) component parts.
5. Identify four (4) active skills to improve neuroceptive validity.

**CONDUCTED BY:** Gabriella Grant, MA  
Director of the Trauma Informed California

**COORDINATED BY:** Anna Perne, LCSW – Mental Health 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