

## Supporting Children and Young Adult Survivors of Childhood Sexual Abuse

**DATE & TIME:**

January 20 & 22, 2026

9:00AM – 12:00PM

***Sign-in begins 15 minutes before the training start time. All participants must arrive during the sign-in period; late arrivals will not be admitted. Attendance is required on both days to receive credit. Please be prepared to keep your camera on throughout the training.***

**PLACE:** Virtual Training – Zoom

**REGISTRATION:** <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13573>

**DESCRIPTION:** Transition-age youth (ages 16–25) who have been involved in child welfare, juvenile justice, or other systems often carry complex trauma histories, including experiences of childhood sexual abuse. For mental health clinicians, developing a nuanced understanding of how sexual abuse shapes emotional regulation, attachment, identity development, and interpersonal functioning is critical to effective engagement and treatment. This training explores the multifaceted impact of childhood sexual abuse on youth, emphasizing how trauma responses may manifest during adolescence and early adulthood. Clinicians will deepen their ability to recognize trauma triggers, respond with empathy, and integrate trauma-informed principles into assessment, treatment planning, and ongoing care.

**TARGET AUDIENCE:** DMH staff and contract providers.

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

1. Describe the dynamics and developmental impacts of childhood sexual abuse.
2. Analyze how trauma related to sexual abuse influences behavior, relationships, and coping strategies in transition-age youth.
3. Identify and apply at least three trauma-informed engagement strategies to support youth with histories of sexual abuse.
4. Explore how intersecting identities and systemic inequities influence both the vulnerability to abuse and access to healing resources.
5. Identify signs of secondary traumatic stress and develop personalized self-care and supervision plans to sustain trauma-informed practices.
6. Demonstrate how to tailor interventions-such as grounding techniques, narrative work, and relational repair-to meet each youth’s developmental stage and cultural context.

**CONDUCTED BY:** Nola Brantley Speaks

**COORDINATED BY:** Megan Cox, M.A. – Training Coordinator  
[mmcox@dmh.lacounty.gov](mailto:mmcox@dmh.lacounty.gov)

**DEADLINE:** When capacity is reached.

**CONTINUING EDUCATION:** 6.0 hours for BBS, BRN, CCAPP-EI  
CE for Psychologist

**COST:** NONE