



Understanding Childhood Trauma

Facilitator(s):	Melissa Prins
Date:	November 18, 2024
Time:	1:00 pm – 3:00 pm
Cost:	
Location:	Virtual
Type:	Webinar
Session Code:	25-IE-007-CARC

Target Audience

Teachers, Educational Assistants, Administrators

About this Learning Opportunity

This 2-hour virtual presentation will explore the following:

- What is developmental trauma
- How does developmental trauma impact the body, brain, and relationships
- Understanding behavior from a trauma-focused lens
- How do we incorporate trauma-based approaches to support co-regulation, safety, and relationship

About the Facilitator(s)

Melissa Prins

I obtained my Master of Science in Marital and Family Therapy from Loma Linda University in 2008. I have been a Registered Psychologist since 2014. I have worked with a wide range of clients and presenting concerns throughout my career. I am passionate about working with couples and families, as well as adolescents. I also enjoy facilitating group therapy. My interests and experience are in the areas of trauma, parent-child attachment, grief and loss, and mental health concerns such as depression and anxiety. I use a trauma focused, narrative approach in my work. I am honored to be able to sit with my clients in their pain, witness their stories, and work collaboratively to support them to find a sense of hope, safety, and integration. I believe a therapeutic relationship based on acceptance, genuineness, safety, and collaboration can support people on their healing journey. In my spare time I enjoy running, traveling, reading, and spending time with family and friends.

This learning opportunity is being subsidized through funding from Alberta Education.