



## Providing Trauma Informed Care During the COVID-19 Crisis

Presented by:

Christina Grosso

Owner/ operator of Mind+Body=ONE, PLLC

September 21st, 28th, October 5th, 19th & 26

11:00 AM - 12:30 every session

Series price: \$300 members / \$430 non-members

Individual session price: \$60 members / \$85 non-members

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This is a 5 part webinar series, however registration is available  
for individual sessions!

If you cannot make a session, you can still register and a recording of the session  
will be emailed to you!

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### Part 1: Applying Psychological First Aid During the COVID-19 Crisis

*September 21st, 11:00 AM - 12:30 PM*

- The framework for Trauma Informed Care (TIC) will be presented and how the agency, clients, and staff work together in recognizing the effects of trauma and the steps toward change and recovery.
- The five core principals of Psychological First Aid (PFA) will be explored in examining interventions to provide safety, calming, self-efficacy, connectedness, and hope.

[Click here to register for Part 1](#)

### Part 2: Caring for Self: The Helper's Journey

*September 28th, 11:00 AM - 12:30 PM*

- How do we cope with our own personal struggles during COVID-10 while caring for clients?
- What are the challenges to working in the field and how do we keep ourselves safe?
- Grounding and coping strategies for in the field and at home practice will be discussed with opportunities for experiential learning.
- Provider self-care in relation to client service delivery will be emphasized.

[Click here to register for Part 2](#)

### **Part 3: Caring for Clients**

*October 5th, 11:00 AM - 12:30 PM*

- How do we care for clients and families during this time of uncertainty?
- How have our service delivery models changed?
- How do we think about what is working well and where do we need improvements?
- How do we provide safety and stabilization to clients?

[Click here to register for Part 3](#)

### **Part 4: Providing Tele-health**

*October 19th, 11:00 AM - 12:30 PM*

- How has the mental health landscape changes with tele-health?
- What are the challenges and opportunities in providing tele-health?
- What are the needs of clients and providers?
- Interventions and considerations for successful tele-health sessions will be discussed in relation to TIC and PFA principals.

[Click here to register for Part 4](#)

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### **Part 5: Considerations for Educators**

*October 26th, 11:00 AM - 12:30 PM*

- How is trauma seen in the classroom?
- What are ways that teachers can support students during crisis?
- How can teachers promote connection and community within a virtual setting?
- How can teachers support student's safety and stabilization within a learning environment?

[Click here to register for Part 5](#)

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[\*\*Click Here to Register for the SERIES\*\*](#)

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#### **About the Presenter:**

Christina Grosso is the owner/ operator of Mind+Body=ONE, PLLC, an integrated mental health practice in Westchester, NY. Ms. Grosso has worked as a clinician, supervisor, trainer, and leader specializing in the treatment of complex trauma in children and adolescents with mental illness and intellectual & developmental disorders. Ms. Grosso has extensive experience in the practice, implementation, and training of Trauma Informed Care and evidence-based practices. Ms. Grosso served at the Jewish Board for over 20 years where she led the agency's trauma training and organizational development initiatives focusing on the integration of clinical and milieu services. She developed and implemented agency best practice guidelines protecting LGBTQ clients and staff, as well as created a LGBT Climate Survey measuring employees' attitudes about working with LGBT clients.

Ms. Grosso's work has focused on system change and has consulted with child psychiatric centers and residential treatment facilities nationwide to disseminate Trauma Informed Care. She has authored papers in the field of trauma, self-care and TF-CBT including "Children with Developmental Disabilities" in Cohen, Mannarino and Deblinger's book, Trauma Focused CBT for Children and Adolescents. She is the co-creator of the curriculum and NCTSN product, My Identity My SELF: Addressing the Needs of LGBTQ in Treatment (MIMS). Ms. Grosso is a certified supervisor in Trauma Focused CBT (TF-CBT) and a certified trainer in Psychological First Aid and serves on the NCTSN Terrorism & Disaster and Trauma and Intellectual and Developmental Disabilities workgroups. Ms. Grosso is the Admissions Coordinator and Adjunct Faculty at New York University in the Steinhardt School Graduate Art Therapy Department.

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