



A Program of
Children's Home
of Detroit

**The National Institute for
Trauma and Loss in Children**

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Zero to Three: Trauma Intervention Online Course

Syllabi

Outline

Session One – Overview and Goals
Session Two – Parent and Caregiver Education
Session Three – Attachment
Session Four – Ghosts in the Nursery Reflection
Session Five – Trauma's Impact on the Developing Brain
Session Six – Interventions: Pregnancy – 2 months
Session Seven – Interventions: 2 months – 6 months
Session Eight – Interventions: 6 months – 12 months
Session Nine – Interventions: 12 months – 24 months
Session Ten – Interventions: 24 months – 36 months

BRIEF DESCRIPTION OF INSTRUCTIONAL FORMAT:

Didactic, online instructional format provides information and framework related to how trauma impacts attachment and brain development. Age –specific intervention strategies are provided in detail.

GOAL:

The Trauma Intervention Program: Zero to Three is intended to:
Provide parent/caregiver education – starting as early as pregnancy, Reduce arousal symptoms in both parent/caregiver and child, Facilitate secure attachments between infant/toddler and their primary caregivers, including strong emotional communication, Reduce the incidence of long-term effects that trauma can have on the zero to three population

SESSION OBJECTIVES:

To identify stressed attachment between parent/caregiver and infant following trauma, to identify arousal reactions in infants post-trauma, specific interventions to facilitate secure attachments, reduce arousal in the zero to three population.

LEARNING OBJECTIVES:

The learner will be able to:

- Identify stressed versus secure attachment between parent/caregiver and infant.
- Identify signs of increased arousal following trauma.
- Identify several intervention strategies to use with specific age groups post-trauma.