THE BAKER CENTER
FOR CHILDREN AND FAMILIES

53 Parker Hill Avenue
Boston, MA 02120

Baker Center Professional Development Topics

Recognizing and Responding to Traumatic Stress in Youth

Almost two thirds of all youth will experience at least one traumatic event. In this seminar, participants will learn about different kinds of trauma and the impact those experiences have on the brain. They will understand how to recognize trauma triggers and what traumatic stress symptoms look like in youth of different ages. Using interactive activities and case examples, participants will learn simple, effective strategies for supporting youth who have experienced traumatic events.

Understanding Self-Harm and Suicidal Ideation

Having a youth tell you about self-harm or thoughts of suicide can be frightening and overwhelming. In this seminar, participants will learn how to recognize and respond to self-harm and suicidal ideation in youth. They will learn why youth engage in self-harming behavior and about the different levels of suicidal ideation. Importantly, participants will learn how to respond supportively to youth in these moments and how to connect them to the support they need. This seminar includes resources, hands-on activities, and opportunities to practice strategies with coaching from licensed mental health professionals.

Building Strong Relationships with Youth

This seminar teaches youth serving professionals simple, effective strategies for building strong, supportive relationships with youth. Using hands-on activities, participants will have the opportunity to practice specific skills backed by science and proven to build warm, caring relationships.

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Helping Youth Cope

We all have moments when we feel stuck or down. This seminar will give participants tools to teach youth when they are facing stressors. Participants will receive resources on how to help youth solve problems and take charge of their mood by doing planful activities that help them feel better. Hands-on exercises will give participants an opportunity to practice skills with support from licensed mental health professionals.

Creating a Safe Space to Talk

Sometimes youth feel like they can't come to adults to talk about their problems because they are afraid of being judged. This seminar will teach participants motivational interviewing strategies for creating a safe, nonjudgmental space for conversation. Participants will have the opportunity to practice strategies with the support of licensed mental health professionals.

Caring for Carers: Strategies for Self-Care and Managing Burnout

Working with youth can be one of the most rewarding careers. At the same time, the challenges youth face can take as much of a toll on those who are helping them as the youth themselves. This seminar will teach participants how to recognize signs of compassion fatigue, burnout, and secondary traumatic stress in themselves. Participants will receive resources on strategies for managing these symptoms and create simple, feasible self-care plans to refuel their energy and passion for their work.