Learn More About Trauma

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/learn-more-about-trauma/

Summary: This resource provides a quick and easy overview of how children experience trauma and what parents can do to minimize and address traumatic events.

Application: This can be used to help parents understand what to expect when their child begins trauma treatment.

PDF: **Learn More About Trauma**

Source: Baker Center for Children and Families