EQ2 for direct care staff

Residential Treatment Programs · https://bridges4mentalhealth.org/hub/residential-treatment-programs/eq2-for-direct-care-staff/

EQ2 focuses on strengthening the combined emotional intelligence of staff and the youth they serve by building the self-regulation and relational skills necessary for trauma-sensitive environments. It recognizes that while caring relationships are powerful sources of healing, staff need consistent, ongoing support to manage their own triggers, respond effectively to youth behavior, and avoid burnout or secondary traumatic stress. Through sustained training and skill-building, EQ2 helps staff model healthy emotional regulation, create safe and reparative relationships, and support positive outcomes for trauma-impacted youth.

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