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# Trauma and Parenting

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*National Nurse-Led Care Consortium  
and the Joseph J. Peters Institute*



*February 18, 2026  
12:00 - 1:30pm*

# Zoom Orientation

1

## Captions

To adjust or remove captions, click the “Live Transcript” button at the bottom of your Zoom window and select “Hide Subtitle” or “Show Subtitle.”

CC  
Live Transcript

2

## Questions

Please add your questions for the speaker and comments for the group into the chat or raise your hand and we will ask you to unmute.

Q&A

3

## Technical Issues

Please message Kat Soll in the chat.

Chat



# ● ● ● Accreditation Statement

**Accreditation Statement:** The National Nurse-Led Care Consortium is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This session, *Trauma and Parenting* has been approved for 1.0 NCPD contact hour.

**Success Completion Requirements:** To obtain the 1.0 contact hour of nursing continuing professional development, you must attend the entire activity and complete the evaluation.



# ● ● ● Social Work Continuing Education Credit

This training is approved for 1 hour continuing education for psychologists, social workers, marriage and family therapists and professional counselors by Full Being Services, a Wellness Collective.

Phoenix Center for Experiential Trauma Therapy (Lic. #004115) is approved by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors to offer continuing education for social workers, marriage and family therapists and professional counselors.

Phoenix Center for Experiential Trauma Therapy (Lic. # PSY000215) is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. Phoenix Center for Experiential Trauma Therapy maintains responsibility for the program.



**The National Nurse-Led Care Consortium (NNCC)** is a nonprofit public health organization working to strengthen community health through quality, compassionate, and collaborative nurse-led care. NNCC's mission is to advance nurse-led healthcare through policy, consultation, and programs to reduce health disparities and meet people's primary care and wellness needs.

**Joseph J. Peters Institute (JJPI)** is a non-profit mental health organization that provides outpatient, trauma-informed services to survivors of trauma as well as individuals with histories of violence and abuse. JJPI's mission is to restore hope with dignity, we do that by providing compassionate person-centered evidence-based practice interventions that provide healing and mental health wellness. JJPI is one of the few providers on a national level that provides comprehensive trauma treatment that encompasses the entire cycle of abuse.

**The Philly Supporting Parenting Relationships through Outreach, Understanding, and Training (Philly SPROUT)** will support children and their caregivers participating in NNCC's home visiting programs, Nurse-Family Partnership (NFP) and Mabel Morris Family Home Visit Program (MM), through mental health services provided by JJPI mental health clinicians. The program will also enhance the capacity of Philadelphia-based child and family service providers through infant and early childhood mental health (IECMH) training and learning collaboratives.

*This training was made possible by Grant Award #1H79SM086431-01 from SAMHSA. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of SAMHSA.*



● ● ● ● ●  
**Subject Matter  
Expert**



**Sarah Yanosy, LCSW-R**

Director of Consulting and co-founder of Creating PRESENCE, Adjunct Professor at Fordham University Graduate School of Social Services, consultant, and therapist



# Trauma and Parenting:

Supporting families impacted by adversity and chronic stress

Sarah Yanosy, LCSW



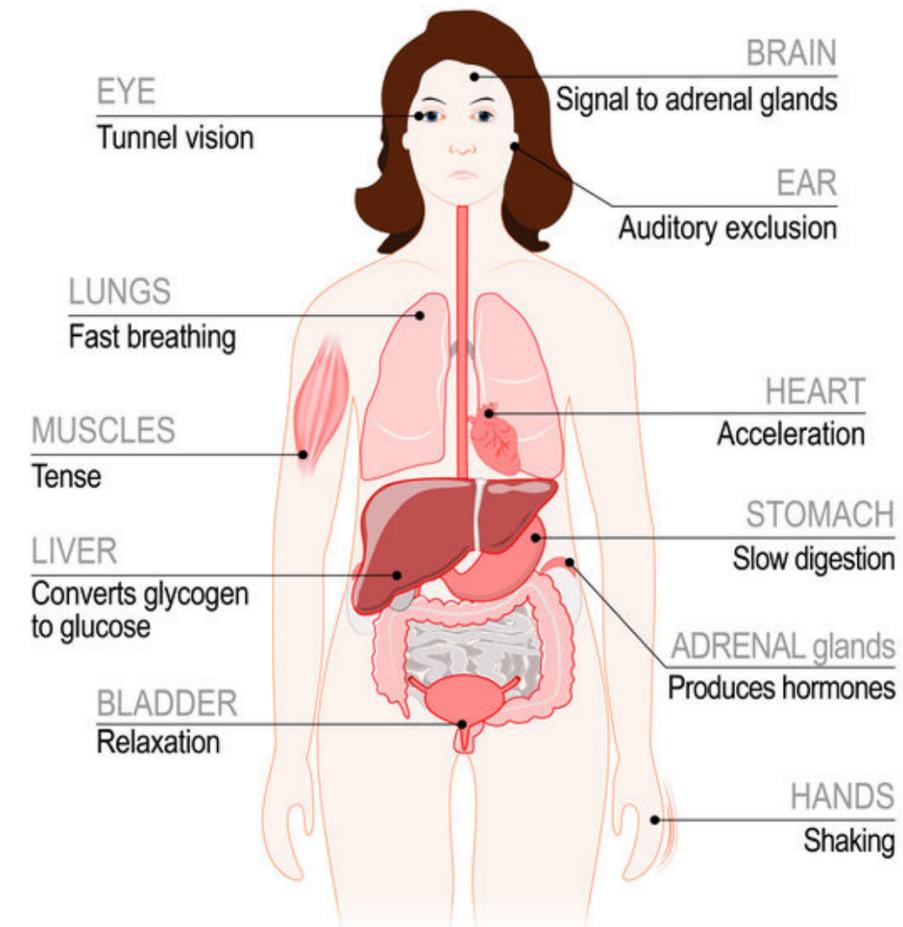
## WHY IS THIS SUCH A BIG DEAL? THREE MAIN REASONS:

ATTACHMENT AND RESPONSES TO  
DISRUPTIONS  
IN ATTACHMENT ARE UNIVERSAL

THE HUMAN STRESS RESPONSE  
IS UNIVERSAL

TRAUMA, ADVERSITY AND  
CHRONIC STRESS  
ARE EVERYWHERE

## Fight-or-flight response



## BORROWING BRAINS

At the level of the mind, attachment establishes an interpersonal relationship that helps the immature brain use the mature functions of the parent's brain to organize its own processes.

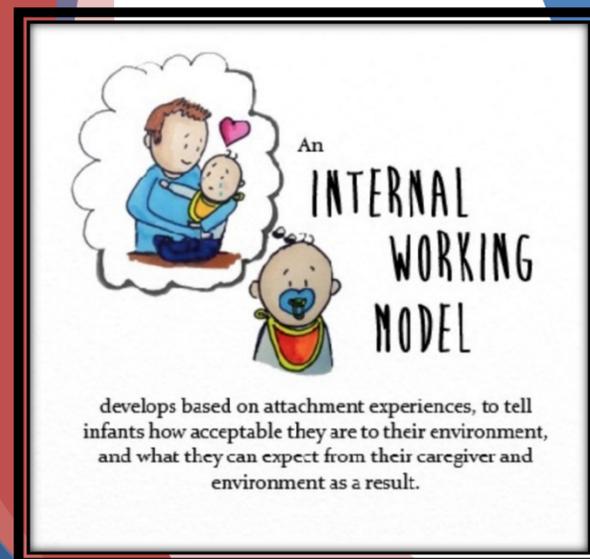
Siegel, 1999, p.67



# INTERNAL WORKING MODEL

(Bowlby, 1973; Howe, Brandon, Hinings & Schofield, 1999)

- Forms the basis of personality
- Contains expectations and beliefs about:
  - one's own and other people's behavior
  - the lovability, worthiness and acceptability of the self
  - the emotional availability and interest of others, and their ability to provide protection
- Becomes the relational model across the lifespan, what we carry into new relationships from past experiences



## THE ICEBERG MODEL

Use this tool to help you think more systemically!



### EVENTS

What is happening?

### PATTERNS OF BEHAVIOR

What trends are there over time?

### SYSTEMS STRUCTURE

How are the parts related?

What influences the patterns?

### MENTAL MODELS

What values, assumptions, + beliefs shape the system?

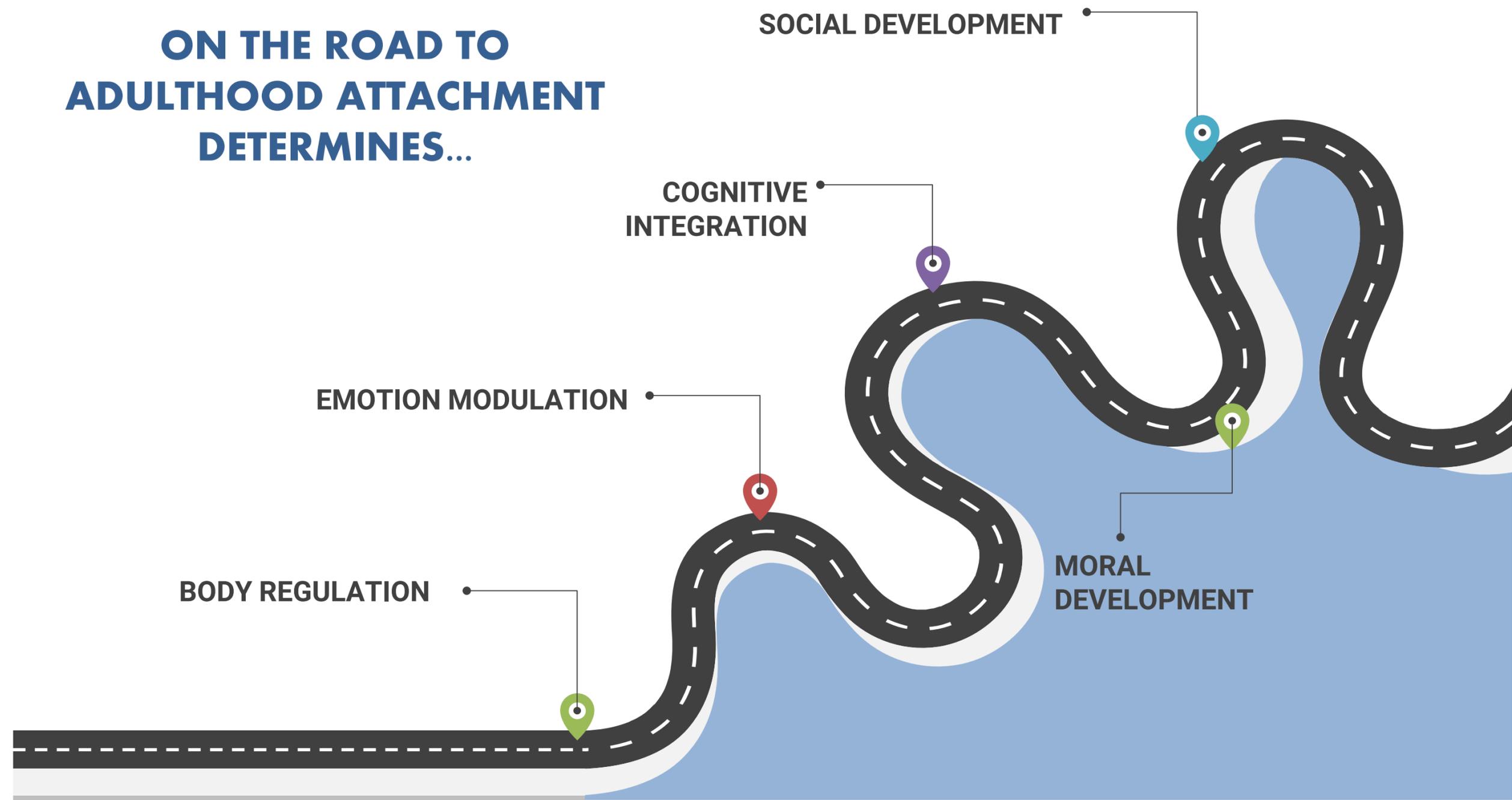
Increasing Leverage



# CHANGING KNOWLEDGE

Our mental models – our internal working model - develops before we have words

# ON THE ROAD TO ADULTHOOD ATTACHMENT DETERMINES...



# Sensitive Periods for Brain Development

## **Fetal Period:**

*when the basic structures of the brain are being organized*



## **Infancy and Early Childhood:**

*when the brain is doing much of its basic wiring*

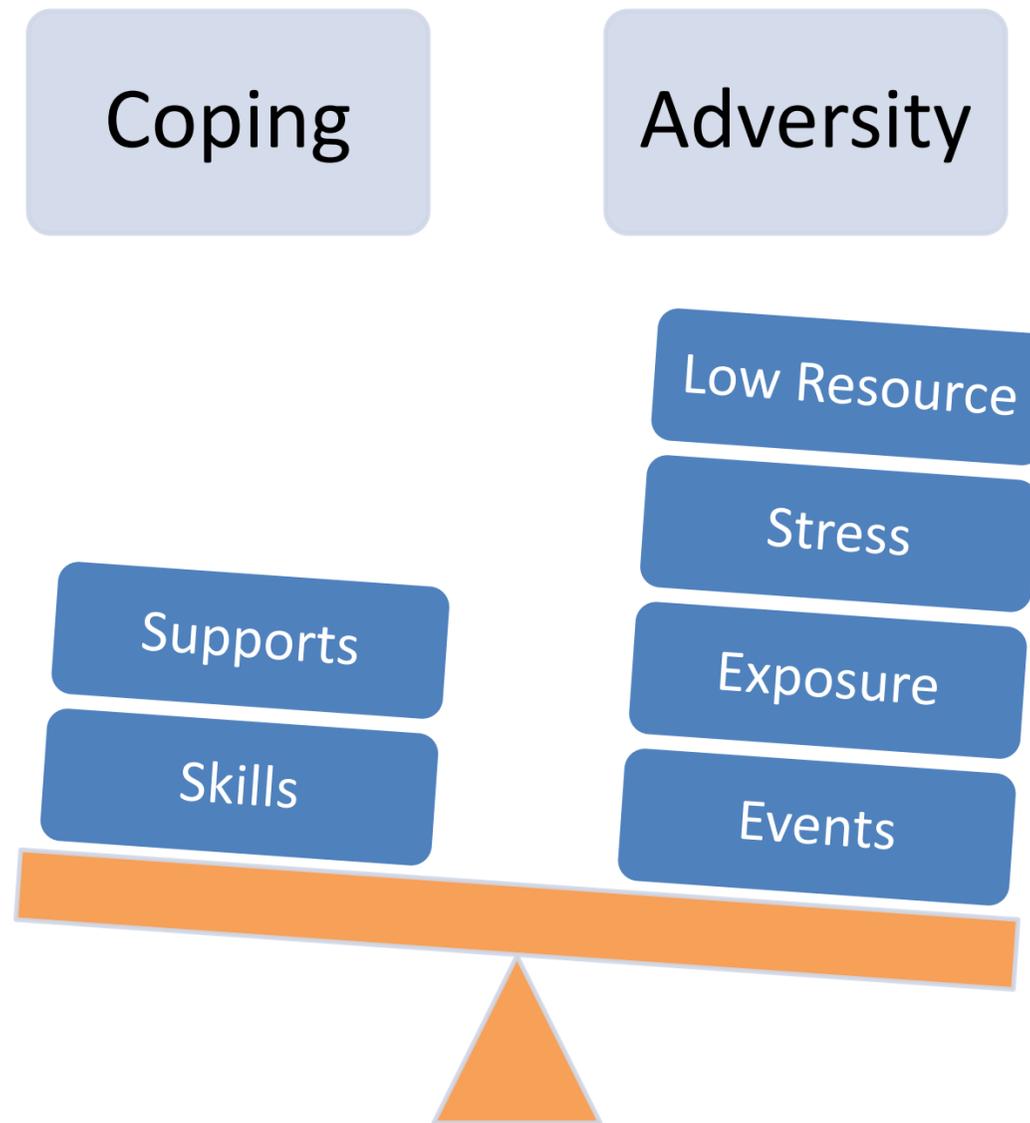


## **Adolescence:**

*when changes in sex hormones are shaping and altering the way the brain processes chemical messages*



# TRAUMA



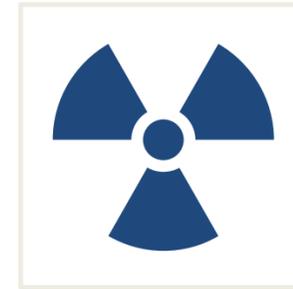
# Neuroscience research distinguishes between three kinds of stress:



positive stress,



tolerable stress, and



toxic stress.

Positive stress response is a normal and essential part of healthy development,



Positive stress response is a normal and essential part of healthy development.

- Brief increases in heart rate and mild elevations in hormone levels which can increase our ability to focus and improve our performance.
- Positive stress includes a context of supportive relationships.
- If we are successful, even moderately successful, we have effectively built our capacity for new skills, and the stress effect has been helpful in doing that.

# Tolerable stress



Tolerable stress response activates the body's alert systems to a greater degree because of:



more severe



longer-lasting difficulties



such as the loss of a loved one, a natural disaster, or a frightening injury.



If the activation is time-limited and buffered by relationships the brain and other organs recover from what might otherwise be damaging effects.

# Toxic Stress:



Toxic Stress:



severe, prolonged or repetitive adversity



with a lack of necessary support to buffer the abnormal stress response.



There is a persistent activation of the stress response (Fight, Flight, or Freeze)



followed by ongoing exposure to stress hormones and can lead to damaged brain systems that underlie long term problems in health and human functioning.



When toxic stress response occurs continually, or is triggered by multiple sources, it can have a cumulative toll on an individual's physical and mental health for a lifetime.

# Adversity by Categories

How the original 1998 ACEs study defines adverse childhood experiences.

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

*The three types of ACEs include*

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

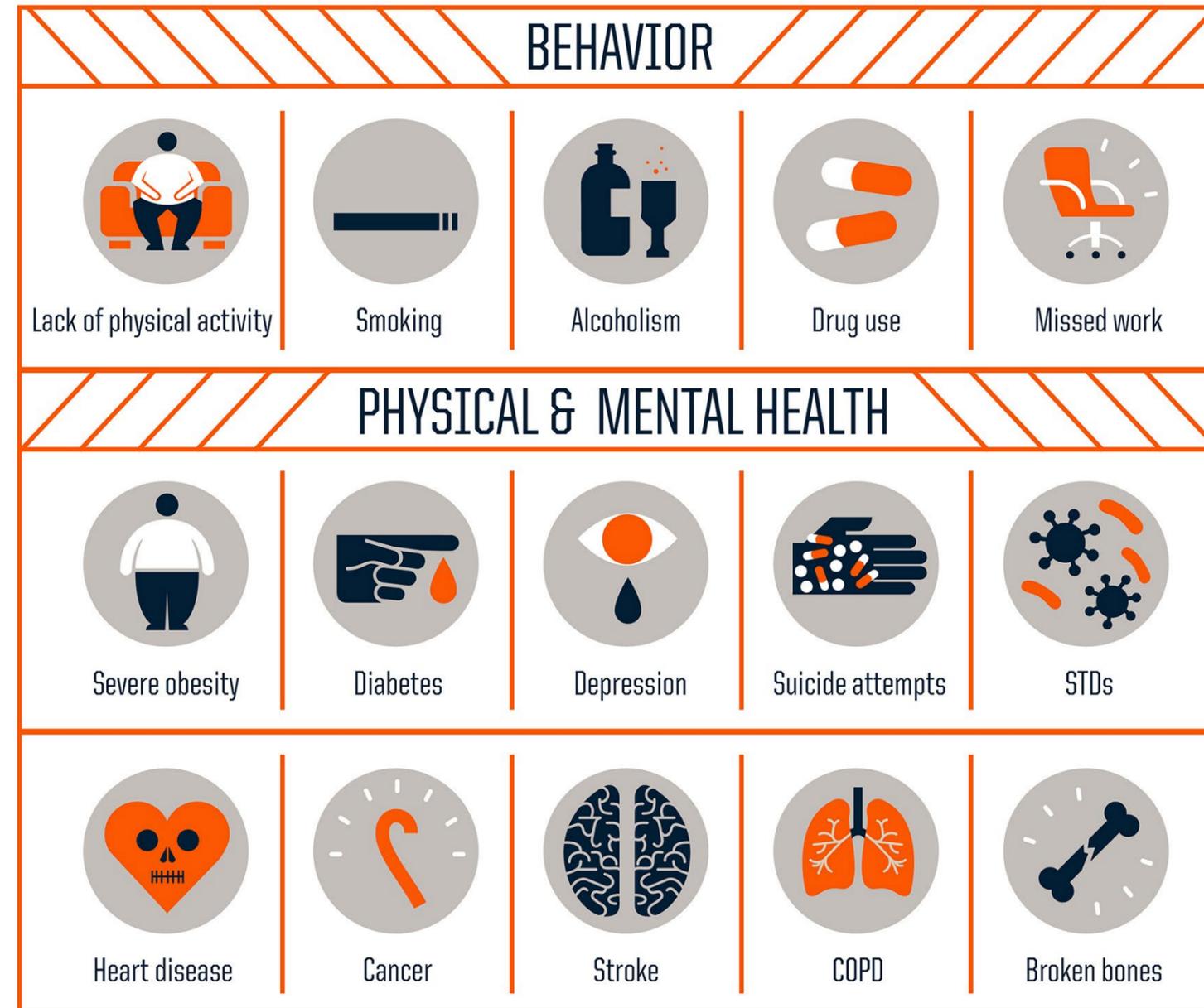


Divorce

# Why ACEs Matter

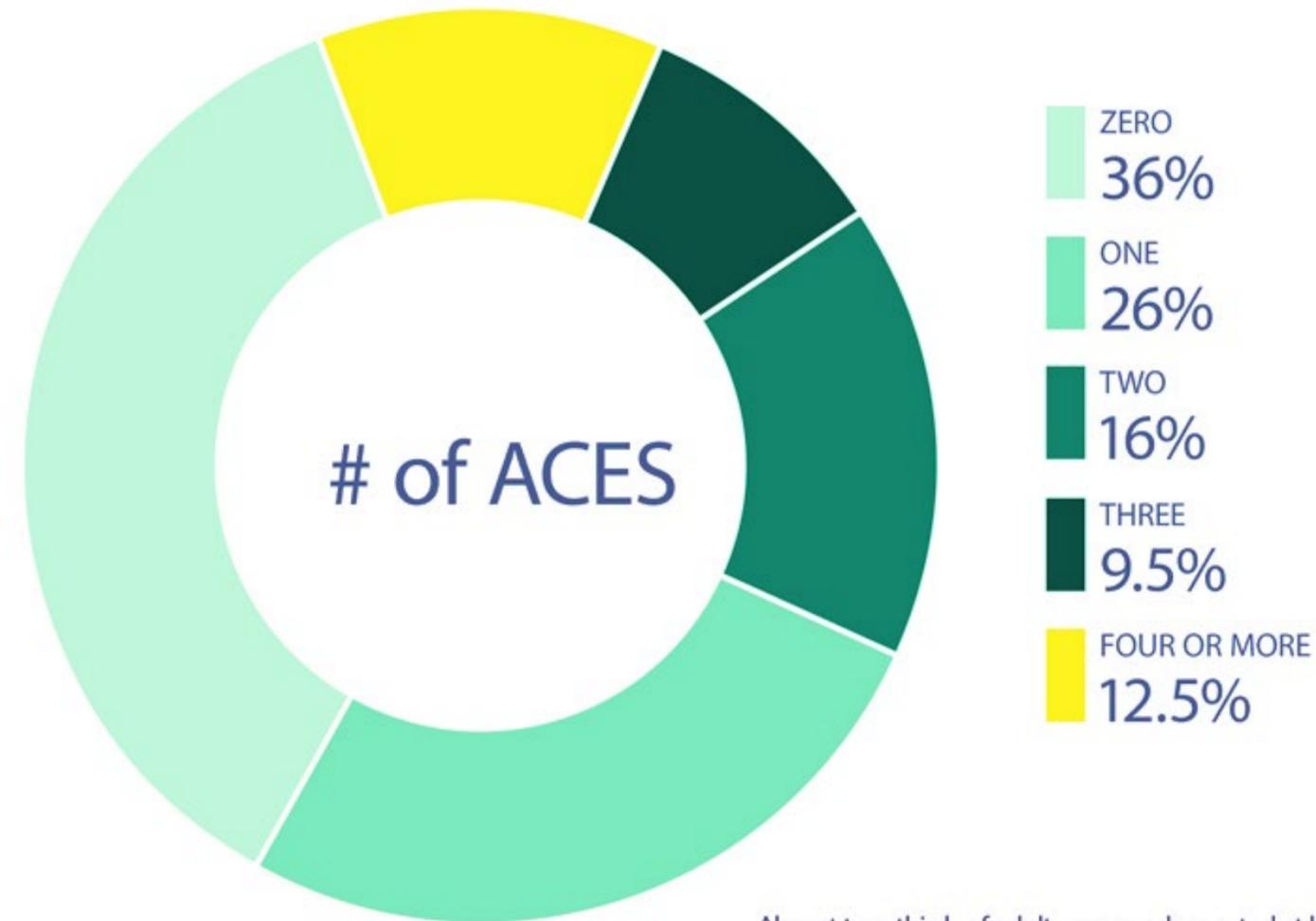
Key outcomes associated with ACEs

- Delays and disruption in brain development
- Academic and professional achievement limitations
- Short- and long-term mental and physical health problems



# How common are ACEs?

Prevalence of ACEs found in initial CDC study



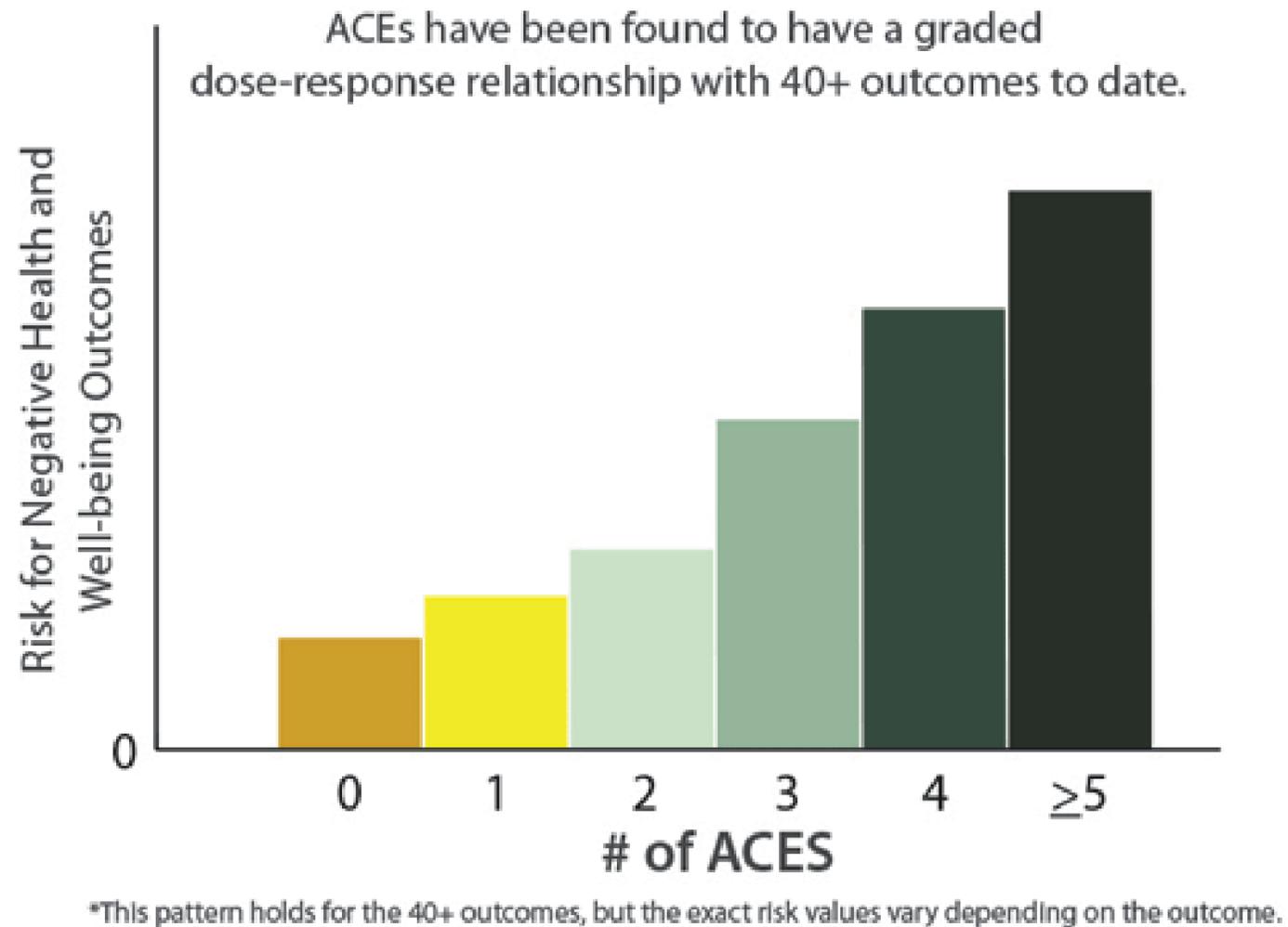
Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.

# Dose-Response of ACEs

Cumulative ACEs have a strong, graded relationship to numerous outcomes.

Extent of ACEs exposure is important:

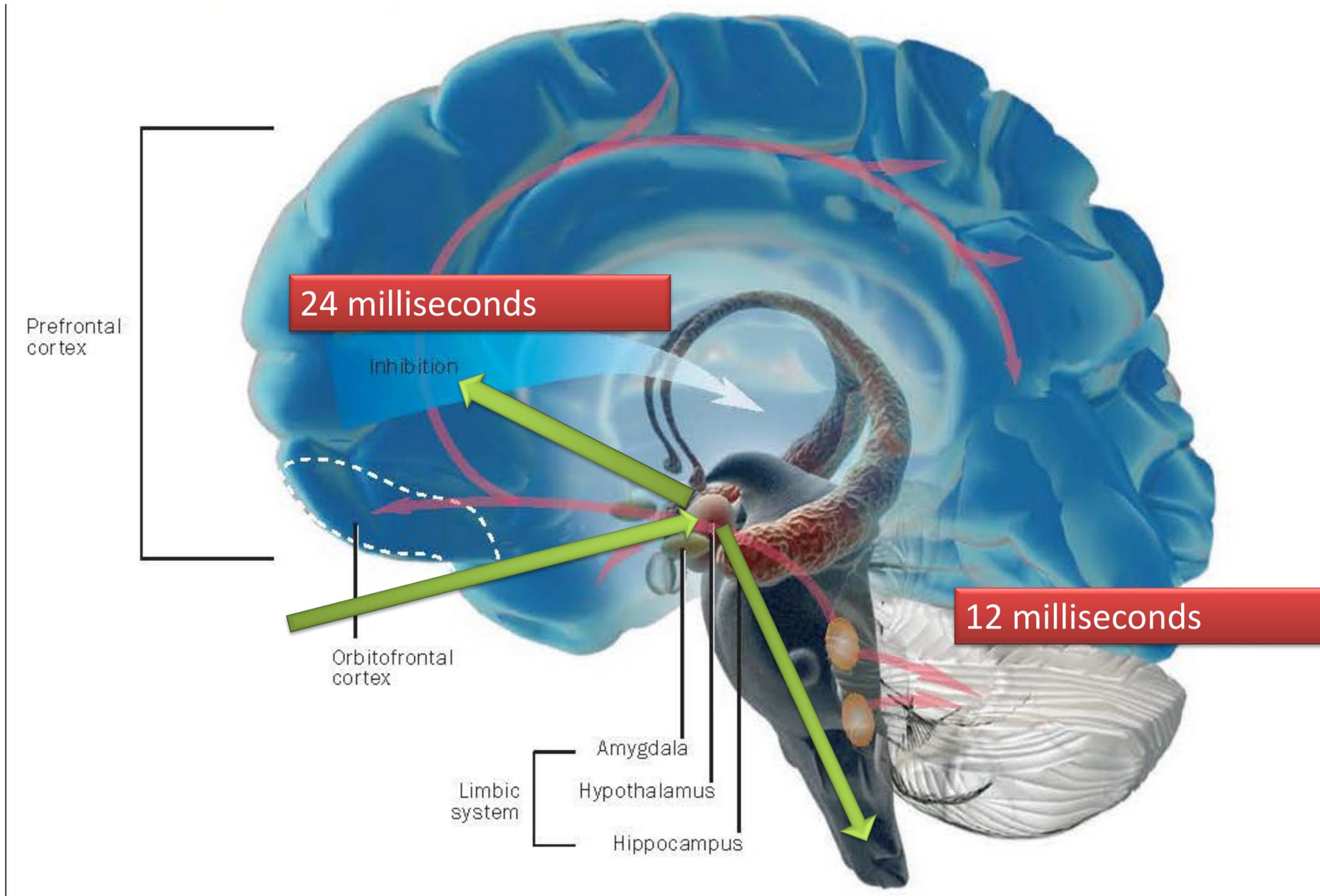
1. Experiencing 1 ACE, results in an 80% chance of having at least 1 more.
2. Higher ACEs exposure resulted in increased association to health and social outcomes.



## Symptoms as Survival

You are unlikely to  
solve a problem  
unless you  
correctly identify  
what the problem  
really is!

# LOW ROAD AND HIGH ROAD







## SURVIVAL SYMPTOM:

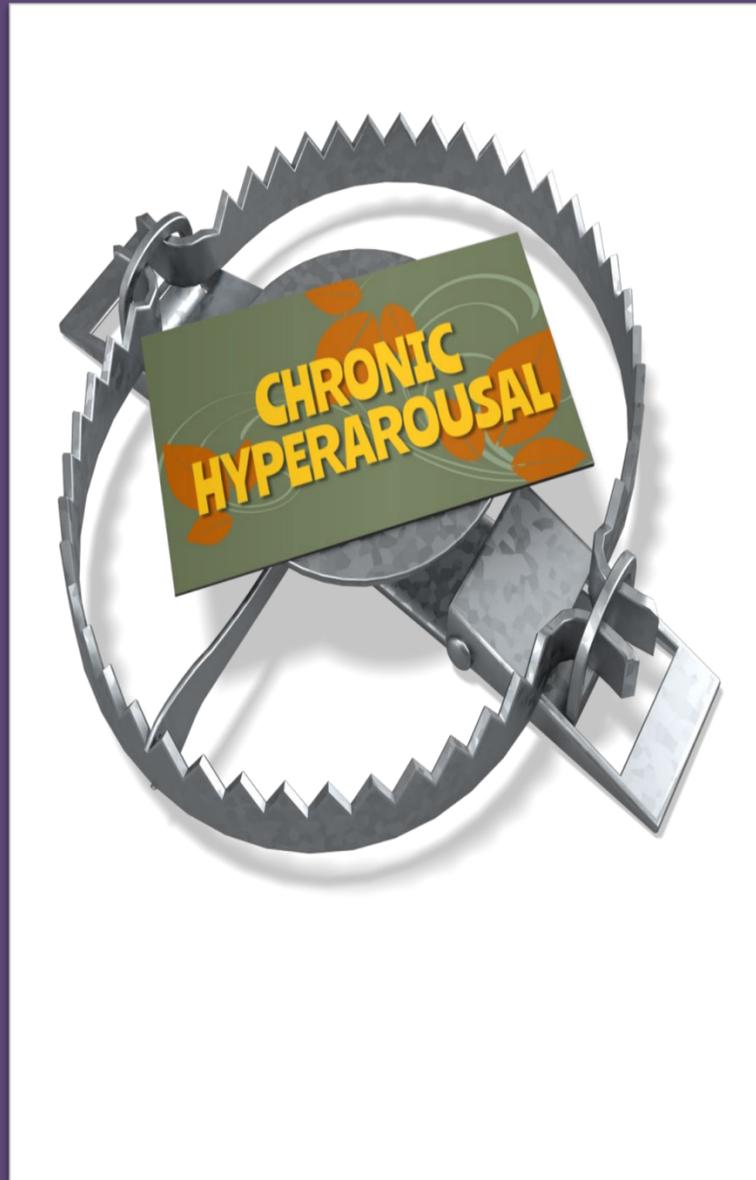
- Trauma causes **disrupted attachments**
- **Survival:** If loving and trusting leads to pain, don't! **Trauma bonding** is the other side of the coin



## **SURVIVAL SYMPTOM:**

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- Dissociation = A disruption in the usually integrated functions of consciousness, memory, identity, or perception of the environment.



## SURVIVAL SYMPTOM:

- **Chronic hyperarousal**
- Trauma results in addiction to endorphins
- **Survival:** Adrenaline kicks in to give us extra strength and speed and dull pain.
- This can make us seek out the adrenaline rush by taking risks or acting aggressively.

# EMOTIONAL VOLUME PLANS

## 1. What feelings are most difficult to manage?

*Most people will say anger, but they may feel shame, fear, disappointment, or helplessness.*

## 2. What are the situations that are most likely to trigger those feelings?

*These situations may be interpersonal or may be related to thoughts or things we observe.*

## 3. What signs does your body give you when your emotional volume is turned up?

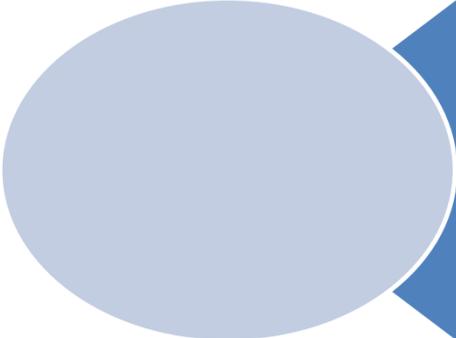
*These may be physical signs (heart rate, sweating) or behavioral signs (pacing, gesturing).*

## 4. What are three things you can do to bring your emotional volume down?

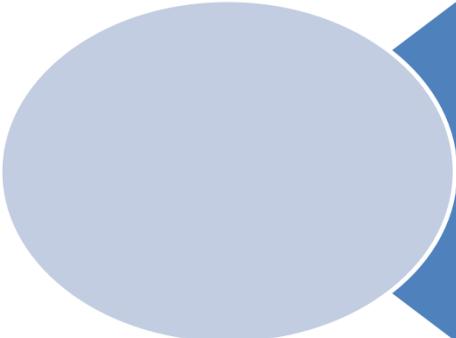
*These might be physiological (breathing, muscle relaxation) or behavioral (self-talk, walking).*



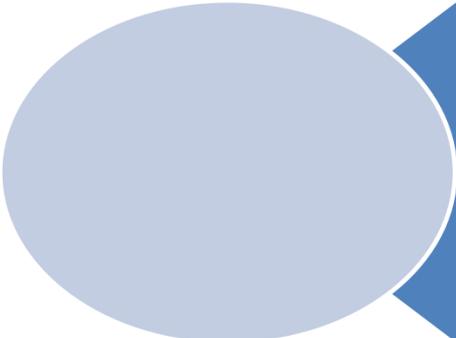
# Questions



What are some common triggers you see in parents and children that increase emotional volume?



What are the signs you see in parents and children that their volume has gotten too high?



What can you role model or share about what brings your own emotional volume down?

# Closing



# Evaluations

## Training Evaluation & NCPD Contact Hours

- The evaluation link will be sent to attendees in a follow up email.
- If you are applying for the 1.0 NCPD contact hour, you must attest to attending the entire session and complete the evaluation.
- The evaluation will close **Wednesday, March 4, 2026.**

**EOD**

## CEU Evaluation\* for Pennsylvania licensed Social Workers, Marriage and Family Therapists, licensed Professional Counselors, and licensed Psychologists

- The evaluation link will be sent to attendees in a follow up email.
- The evaluation must be completed by **12:00PM tomorrow, February 19, 2026.**

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## *Trainings*

More information coming soon!

## *Learning Collaboratives*

More information coming soon!

## *In-Person Summit*

Friday, March 6, 2026

9:00 AM – 3:45 PM | *Every Little Mind Matters*

**Sold out**

The Philly SPROUT Project appreciates your continued engagement.

Continue learning with our upcoming trainings focused on IECMH. Scan the QR code for more details!



# Upcoming Trainings & Learning Collaboratives



# ●●● Contact Information



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