

# TraumaTALKS

Individual and Group Pricing

## On-Demand Training Courses - Save up to 50%

### Could it be Trauma? With Developmental Disabilities

\$49 (per person)  
\$43 (5-100 participants)  
\$37 (101-200 participants)  
\$31 (201-300 participants)  
\$25 (301-1,000 participants)

### An Introspective Look at Trauma and the Need for Self-Care

\$30 (per person)  
\$26 (5-100 participants)  
\$23 (101-200 participants)  
\$19 (201-300 participants)  
\$15 (301-1,000 participants)

### The Invisible Wounds of Childhood Trauma

\$12 (per person)  
\$11 (5-100 participants)  
\$10 (101-200 participants)  
\$8 (201-300 participants)  
\$6 (301-1,000 participants)

## In-Person Trainings - Save up to 20%

Over 500 participants - Call for Pricing

### Could it be Trauma? Supporting Kids on the Road to Recovery

\$1,200 - Reg Price \$1,500  
(Up to 50 participants)  
\$1,600 - Reg Price \$2,000  
(51-500 participants)

### Managing Anxiety and PTSD Following a Cancer Diagnosis: Effective Strategies to Navigate

\$600 - Reg Price \$750  
(Up to 50 participants)  
\$720 - Reg Price \$900  
(51-500 participants)

### Could it be Trauma? With Healthcare Perspectives

\$49 (per person)  
\$43 (5-100 participants)  
\$37 (101-200 participants)  
\$31 (201-300 participants)  
\$25 (301-1,000 participants)

### Managing Anxiety and PTSD Following a Cancer Diagnosis: Effective Strategies to Navigate

\$20 (per person)  
\$18 (5-100 participants)  
\$15 (101-200 participants)  
\$13 (201-300 participants)  
\$10 (301-1,000 participants)

### An Introspective Look at Trauma and the Need for Self-Care

\$800 - Reg Price \$1,000  
(Up to 50 participants)  
\$1,200 - Reg Price \$1,500  
(51-500 participants)

### Burnout: Fueling the Flame of Resilience

\$600 - Reg Price \$750  
(Up to 50 participants)  
\$720 - Reg Price \$900  
(51-500 participants)

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*It's hard to overstate the value of our relationship with Chester Street Foundation. CSF's trainings have been meaningful, memorable, and so impactful to our health plan clinical team. Hundreds of our service coordinators have learned about self-care and managing stress to prevent burnout. But perhaps more importantly, these SCs now have practical tools to support youth through a trauma-informed approach, reducing triggers and fostering resilience as they grow into adulthood.*

- Salil V. Desphande, MD, MBA, FACP, Chief Medical Officer, UnitedHealthcare

CHESTER STREET  
FOUNDATION



# TRAUMA INFORMED TRAININGS

CHESTER STREET  
FOUNDATION



ChesterStreetFoundation.org  
832.982.4514

*Through education and collaboration, our mission is to shine a light on the invisible wounds of childhood trauma to promote prevention, recovery, and resilience in children, their families, and the professionals who serve them.*

Save an **additional 20%** when you purchase both an On-Demand and In-Person training.

Contact Stacey Congrove at [stacey@chesterstreetfoundation.org](mailto:stacey@chesterstreetfoundation.org) to get started.



@CSF4TheChildren

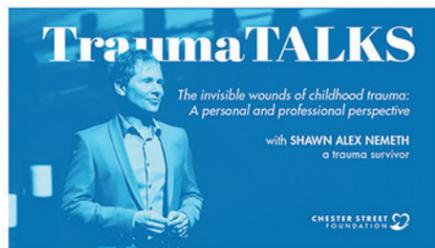
@Chester-Street-Foundation

@ChesterStreetFoundation

@ChesterStreetFoundation2045

## On-Demand Course Offerings

CEUs available for nurses, psychologists, social workers, educators, and advocates



**The Invisible Wounds of Childhood Trauma: A Personal and Professional Perspective (1 hour)**

*An introductory overview of childhood trauma and Shawn's inspirational story.*



**Managing PTSD and Anxiety Following a Cancer Diagnosis: Effective Strategies to Navigate (1 hour)**

*A focused presentation of this complex issue including evidence-based tools to relieve fear and anxiety.*



**An Introspective Look at Trauma and the Need for Self-Care (2 hours)**

*Designed to equip professionals and child-serving organizations with self-care tools, a personalized plan, and insights into how trauma impacts availability to others.*



## Could it be Trauma?

On-Demand series

*An evidence-based training that helps professionals and caregivers understand trauma's impact on children's development, recognize its effects, and apply strategies to support healing.*



**Could it be Trauma? With Developmental Disabilities (3 hours)**

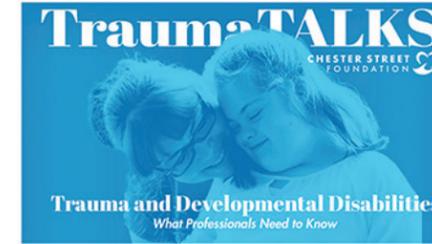
*Allows learners to connect the foundational information learned from Could it be Trauma? to help formulate best practices when working with this vulnerable population.*



**Could it be Trauma? With Healthcare Perspectives (3 hours) + Bonus Video on Developmental Disabilities**

*Healthcare Perspectives will allow learners to connect the foundational information learned from Could it be Trauma? to provide healthcare professionals with essential knowledge on recognizing childhood trauma in the healthcare setting.*

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*I thoroughly enjoyed the entire presentation. It was highly engaging and kept my attention. Both speakers were fantastic and provided authentic useful information.*  
- Laila P., Training Participant



## Participating Instructors

### Abdullah Alobaidi, MD

Assistant Professor / Baylor College of Medicine / Department of Psychiatry

### Nicole Robinson, DNP, APRN, NE-BC

Family Nurse Practitioner / Nurse Educator  
University of Houston / Fertitta Family College of Medicine

### Bobbie Salinas, BSN, RN

Health Service Manager / UnitedHealthcare

### Kenneth Monfort, PhD

Licensed Psychologist / Co-founder of Montfort Psychology Associates

### Natalie Monfort, PhD

Licensed Psychologist / Co-founder of Montfort Psychology Associates

## In-Person Trainings

CEUs available for psychologists, social workers, educators, and advocates



**Burnout: Fueling the Flame of Resilience (1 hour)**

*A focused training that uses evidence-based techniques to address burnout, manage stress, and build resilience against the impacts of trauma on mental health.*



**Managing PTSD and Anxiety Following a Cancer Diagnosis: Effective Strategies to Navigate (1 hour)**

*A focused presentation of this complex issue including evidence-based tools to relieve fear and anxiety.*



**An Introspective Look at Trauma and the Need for Self-Care (2 hours)**

*Designed to equip professionals and child-serving organizations with self-care tools, a personalized plan, and insights into how trauma impacts availability to others.*



**Could it be Trauma? Supporting Kids on the Road to Recovery (3 hours)**

*An evidence-based training that helps professionals and caregivers understand trauma's impact on children's development, recognize its effects, and apply strategies to support healing.*



## Our Lead Instructors

### Shawn Alex Nemeth

Founder & CEO  
Chester Street Foundation

### Ann Friedman, PhD

Psychologist and Certified Trauma Specialist.  
Mental Health America of Greater Houston