

The Center for Child Protection (CCP) is a sub-specialty department
at UCSF Benioff Children's Hospital Oakland.



Center for Child Protection

747 52nd Street • Oakland, CA 94609
510-428-3742



PARENTING AFTER TRAUMA

Support and guidance group for parents whose children have been
exposed to sexual abuse, physical abuse or domestic violence.

OPEN ENROLLMENT 8-WEEK CURRICULUM REPEATS

Please look at questions below...do they fit?

- Do you worry about how long the trauma will affect your child?
- Do you feel overwhelmed about what happened to your child?
- Do you sometimes feel that you failed your child for "allowing" the abuse to occur?
- Have you ever tried to make up for what happened by not setting consistent limits?
- Is disciplining becoming more difficult?
- Are you taking care of your own feelings and needs?

Thursday mornings
10:30 - noon
Alameda County Family Justice Center
470 27th Street, Oakland, CA 94612

Please call Susan at (510) 428-3135 to complete screening and orientation.

Childcare may be provided at KIDZONE - Please ask for details.



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PARENTING AFTER TRAUMA

Support and Guidance for Parents & Caregivers After Trauma

Session One: THE BASICS - THE PURPOSE OF A PARENTING AFTER TRAUMA GROUP - FOR YOU

During our first session, we will discuss the group ground rules and our purpose in coming together. We will discuss the format for each meeting.

Sharing your story - Leaders will help members share a bit about what happened to their child, while maintaining dignity and personal boundaries.

Session Two: CHILD DEVELOPMENT AND THE BRAIN AFTER TRAUMA

In session two, we will learn more about the effects of trauma on development and on the brain. We will also focus on special concerns with children, such as behavioral problems, and when to seek therapy (and what kind of therapy to seek!).

FILM: "1st Impressions...Exposure to Violence and a Child's Developing Brain"

Session Three: ROUTINES - GETTING YOUR CHILD (OR YOUR FAMILY) "BACK ON TRACK"

In the third session, your family's strengths will be celebrated and you will also decide on some routines you want to add. We will talk about the special challenges you face as you try to "get back on track". The key here is BUILDING HEALTHY BONDS OF CONNECTION!

Session Four: HEALTHY BOUNDARIES

In session four, we will talk about what children need to feel safe and protected from harm. We will talk about what real threats exist and specific ways to keep children safe.

Session Five: DISCIPLINE AFTER TRAUMA

In our fifth session, we get to the "nitty gritty" of HOW to help children "do the right thing" and how to enforce rules without violence or confusion. We will learn some important techniques to enforce important rules.

Video: "1-2-3 Magic"

Session Six: COMMUNICATION - HEALTHY CONNECTIONS

In session six, we work on a practice of healthy, non-violent communication (NVC). We will discuss how to open up communication with your child and allowing your child a voice (while setting limits).

Session Seven: CHOOSING A HEALTHY LIFESTYLE

In session seven, we will learn about addiction and motivation to change. There will be a guest speaker. This is a session to deepen your attention to your growth.

Session Eight: REVIEW AND RECOMMITMENT TO CHANGE / CELEBRATING OUR WORK

Is your sense of yourself as a parent any different? How are your bonds with your child(ren)? What is your next step?