


Neuroplasticity & Relationships: A Path to Healing after Trauma

On-demand distance learning video course for social work practitioners and child welfare workers. Professionals, like counselors, educators or CASA/GAL, and caregivers who support children in foster care may also find this beneficial.

PRICE: \$79

CONTINUING EDUCATION: 1.5 general CE credits 

COURSE LEVEL: Intermediate

COURSE DESCRIPTION: This course is designed for social workers and others who support youth exposed to trauma. It covers brain development and the effects of trauma on behaviors in home and school environments. Professionals will learn that these behaviors result from brain pathways formed during traumatic events, including foster care. The course introduces strategies to promote neuroplasticity, emphasizing the importance of relationships in the healing process. Understanding these concepts will help caregivers and professionals foster healing for youth who've been traumatized.

COURSE COMPLETION REQUIREMENTS: CE certificate or a certificate of completion will be issued once the entire video has been watched, passing with a score of 100% on the post-test, and completing the course evaluation. The post-test can be taken multiple times to reach a score of 100%.

ACCESS: On-demand video and registration information available on Connect Our Kids University website <https://connectourkids.org/courses/neuroplasticity-relationships-a-path-to-healing-after-trauma/>. This course can be accessed on a desktop, laptop, or tablet device with a standard operating system, using a modern web browser like Chrome, Firefox, Safari, or Edge. Mobile access is not recommended.
Video completed on July 2nd, 2025.

ACCESSIBILITY: If you are in need of ADA accommodations, please contact our CE Director at Courses@ConnectOurKids.org.

THE COURSE CONSISTS OF THREE PARTS:

PART 1: Neuroplasticity & Healing: A Path to Healing After Trauma

This section explores the profound impact of trauma on brain development, emphasizing how early experiences and relationships shape brain circuitry. It delves into the three key brain systems, and how trauma can affect their functions and development, leading to challenges in motor skills, emotional regulation, and decision-making.

The section also highlights how different types of trauma, including those specific to youth in foster care, create significant neural connections that influence a youth's ability to form healthy relationships and respond to daily stimuli.

PART 2: Impact of Trauma on Brain Development: What Does This Look Like for the Youth We Serve?

It's incredibly challenging to witness a youth grappling with trauma triggers and grief; their responses can be misunderstood. Yet, by truly grasping the intricate connection between trauma and the brain, we can offer the support they desperately need. This understanding is key to helping them begin their journey of healing and thriving.



PART 3: Neuroplasticity at Work

Neuroplasticity allows the brain to change, grow, and/or heal. This is an amazing aspect of the brain that spans a lifetime.

A. Activities, Therapies, & Supportive Relationships

You will learn strategies for school and home that encourage neuroplasticity and help support and regulate youth who are struggling.

B. How Relationships Heal Trauma Relationships are the key to living a long and healthy life!

Brain connections that have not developed properly due to neglect, abuse or separation can be rerouted and regrown through healthy relationships over time. Think of it as PT for emotional healing.



Understanding the
biology of the brain
that impacts these behaviors
helps to add perspective and
understanding.



Learning Objectives:

- 1) Recognize how trauma affects brain development, function, and behavior in youth, and how this understanding can inform how neuroplasticity is an important element in the healing process that begins with connections.
- 2) Explain neuroplasticity and identify the role neuroplasticity plays in the brain healing from trauma.
 - a. Analyze what a person needs in order for the brain to engage in this process.
- 3) Emphasize the importance of relationships in healing:
 - a. Recognize the critical role of supportive and consistent relationships to create an environment for neuroplasticity to occur.
- 4) Analyze how relationships impact neuroplasticity and how this combination could be a pivotal part of the healing process for youth who have experienced childhood trauma and neglect.
 - a. Describe strategies for promoting connectedness, trust, and positive relationships that encourage neuroplasticity and healing in youth who have experienced trauma.

MEET THE CURRICULUM CREATORS



Courtney Angeles, MSW, LICSW, is a Licensed Clinical Social Worker with over 24 years of experience in Child Welfare, helping children and families access resources to improve wellbeing and address special medical/mental health needs. Empowering children and families as they navigate complicated systems and come out stronger on the other side has always been a passion of hers. She made the transition from Child Welfare into medical social work at Mary Bridge Children's Hospital in the Fall of 2021. She's currently a Mental Health Clinician/Social Worker in the outpatient center working specifically with medically complex patients and their families in Complex Primary Care, Physical Medicine Rehab and Pediatric Palliative Care programs. Her work focuses on supporting patients and families throughout their medical journeys in good times and bad, providing resources that can help improve quality of life, helping caregivers practice self-care, and providing grief counseling.



Karen Coates, MSW, LICSW, is a dedicated professional social worker with over thirty years of experience working with youth and their families. In fifteen of those years, Karen's primary focus was keeping youth in foster care connected with their kin. When no known kin were able to be a support, she diligently searched for the long-lost relatives and connections for our most deserving youth. Karen enjoys utilizing her knowledge, skills, and values to meet the needs of children, youth, families, and communities through social justice advocacy and compassionate strength-based service.



Refund Policy: All sales are final.
For questions or grievances, please contact
our CE Director at Courses@ConnectOurKids.org.

Neuroplasticity & Relationships: A Path to Healing after Trauma, course #6151, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Connect Our Kids as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 08/18/2025 - 08/18/2027. Social workers completing this course receive 1.5 general continuing education credits.