

11/17/2020

Trauma Training Tuesday

Pandemic Virtual Edition

Third Tuesday of the Month

12:00 P.M.-2:00 P.M.

TRAUMA IN EARLY CHILDHOOD

We know that covid has brought challenges and trauma for all of us. How will this impact child development and what can we do about it? Dr Kostova offers practical strategies for fostering resiliency and managing emotions amid the pandemic. She will focus on specific areas of child development likely effected and how to understand and respond to this. She will introduce practical tools and strategies that both professionals and caregivers can use to manage emotional dysregulation while also improving the overall well-being of children in their care. Moreover, Dr. Kostova will review strategies for enhancing self-care by bolstering self-awareness and self-compassion within professionals and caregivers standing alongside children suffering in the wake of an unprecedented pandemic.



Zlatina Kostova, PhD is a clinical psychologist and Instructor of Psychiatry at the Department of Psychiatry at the University of Massachusetts Medical School. With a strikingly multidisciplinary and multicultural education obtained in Bulgaria, Italy, Switzerland, and the US, she has a strong background in evidence-based interventions for youth with histories of trauma and mindfulness. After obtaining her doctorate at the Universita' della Svizzera italiana in Switzerland, she achieved her post-doctoral specialization at the Child Trauma Training Center at the University of Massachusetts Medical School. During her specialization Dr. Kostova provided training to hundreds of child-serving professionals, conducted clinical work with youth in inpatient and outpatient settings, as well as led several research projects.

Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon November 17th. It will be recorded for later viewing as well. No need to RSVP to join, and feel free to share!

Topic: Trauma of Covid in Early Childhood

Time: November 17, 2020 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://clarku.zoom.us/j/621730583>