

12/15/2020

# Trauma Training Tuesday

Pandemic Virtual Edition

Third Tuesday of the Month

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

## TRAUMA IN EARLY CHILDHOOD Part 2

Ending the year on a high note with the Trauma Training Center expert, Dr Kostova's first session was amazing! In part 2 she offers more practical strategies for fostering resiliency and managing emotions amid the pandemic. 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 Università 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 December 15th. 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 Part 2**

**Time: December 15, 2020 12:00 PM Eastern Time (US and Canada)**

**Join Zoom Meeting**

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