

UNDERSTANDING CHILDHOOD TRAUMA: FROM RISK TO RESILIENCE

Presenter: Nicole Jimenez, PsyD

**Friday, May 1, 2026 ♦ 12:00 p.m. – 2:00 p.m. (ET)
Zoom Webinar**

This presentation explores the multifaceted nature of childhood trauma, examining its definitions, types, developmental impact, and long-term trajectory. We will distinguish between Type I and Type II trauma, consider the spectrum from "big T" to "little t" events, and integrate psychological research such as the Still Face and Harlow's monkey experiments. Through case studies, we will highlight the nuanced presentation of complex trauma in children and review best practices in assessing children with trauma. Attendees will explore risk and protective factors, delve into the ACEs framework, and examine links between trauma and disorders such as Attention-Deficit/Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), and Conduct Disorder (CD). Finally, we will outline early intervention strategies and trauma-informed care practices grounded in regulation, relational support, and resilience-building, highlighted by positive psychology concepts like PERMA and gratitude.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Nicole Jimenez, PsyD is a licensed psychologist and Assistant Director of the School-related Psychological Assessments and Clinical Interventions (SPACI) clinic at Nova Southeastern University's Psychology Services Center. Additionally, she is the Director of the APA-accredited South Florida Consortium Internship Program (SFCIP). A proud alumna of NSU, Dr. Jimenez earned both her bachelor's and doctoral degrees from the university's College of Psychology. She specializes in working with children from early childhood through late adolescence, as well as their families. Her clinical expertise includes supporting children and caregivers through challenges such as divorce, trauma, attachment disruptions, and emotional or behavioral difficulties. She has a strong background in psychological assessment and supervises trainees conducting comprehensive evaluations to better understand and support children's cognitive, emotional, and behavioral functioning. With extensive experience in school-based settings and a focus on complex and high-need cases, Dr. Jimenez brings a trauma-informed and systems-oriented lens to her work. In addition to her clinical practice, she is actively involved in supervising and training doctoral students, fostering the next generation of psychologists with a focus on providing ethical, culturally responsive, and evidence-based care. Her professional interests include psychological assessment, trauma-informed interventions, positive psychology, and clinical education. She is deeply passionate about nurturing the innate resilience within every child, and aims to foster hope, healing, and happiness in the lives of the children and families she serves.

PROGRAM OBJECTIVES

Participants will be able to:

- Define and differentiate various types of trauma (Type I vs. Type II; big T vs. little t; acute vs. complex)
- List key risk and protective factors influencing trauma outcomes
- Analyze the implications of early childhood trauma using psychological studies and real-life case examples
- Describe the role of trauma in the development of behavioral and emotional disorders in children
- Apply principles of trauma-informed care, including the three pillars (safety, connection, regulation), in clinical settings
- Integrate positive psychology principles to support recovery and resilience in children who have experienced trauma

PROGRAM AGENDA

12:00pm – 12:10pm	Trauma Defined
12:10pm – 12:25pm	Case Examples
12:25pm – 12:35pm	Complex Trauma
12:35pm – 12:50pm	ACEs and Impact on Development
12:50pm – 1:05pm	Assessment of Trauma in Children
1:05pm – 1:20pm	Risk and Protective Factors
1:20pm – 1:35pm	Resilience
1:35pm – 1:50pm	Trauma-Informed Care
1:50pm – 2:00pm	Positive Psychology

For additional information on continuing education policies, please visit our website at <https://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/27.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA-accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

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