

Speaker

Terrah Combs, Program Director of The Rising Center

Session Title

Trauma Informed Care Training

Objectives

- Overview of trauma and pervasiveness
- Understand the importance and vulnerability of the first 5 years based on early brain development and the effects of Toxic Stress
- Learn the impact of ACES on early child development and adult outcomes
- Understand how the 6 Kentucky Strengthening Families Protective Factors change the story for children, families, and adults.
- Be able to utilize Trauma Informed Care as a response to families that are predisposed to trauma and at risk.

Bio

Terrah Combs is a Licensed Professional Clinical Counselor- Supervisor (LPCC-S) and currently the Program Director of The Rising Center. The Rising Center is one of 13 Rape Crisis Centers in the State of KY. Terrah obtained a master's degree in counseling and Human Development, from Lindsey Wilson College School of Professional Counseling, in December 2008 and obtained her License in KY in 2009. Terrah has worked in the Mental Health field since 2006. In her 15 years of working in the Mental Health field, a theme consistently emerged, which was the presence of trauma in the lives of the clients she was serving. Even more significant, she noticed that the presence of trauma was causing problems with more aspects of her client's lives than just their mental health. Trauma was manifesting as impairment in their physical health, development, education, relationships, and more. Terrah has pursued certifications in evidence-based therapies, with proven efficacy, such as Child Parent Psychotherapy (CPP), Trauma Focused Cognitive Behavioral Therapy (TFCBT), Parent Child Interaction Therapy (PCIT), and currently Eye Movement Desensitization Reprocessing Therapy (EMDR), which are all focused on aiding clients in healing from their trauma. She uses this knowledge in providing direct therapy to her clients, as well as consultation and supervision provided to other clinicians.