

2026 Health Equity Training

Understanding Trauma-Informed Care

Thursday, May 14, 2026, 11 a.m. - 1 p.m.

[Register here >](#)

Join Carelon/MBHP and Justice Resource Institute (JRI) for an interactive workshop on Understanding Trauma-Informed Care. This workshop will introduce participants to the core principles of trauma-informed care and the impact of trauma on the developing brain, stress response systems, and perceptions of safety. Participants will explore how trauma and chronic stress influence behavior, emotional regulation, and engagement in care, while learning practical strategies to create environments and interactions that promote safety, trust, and resilience.

By the end of this workshop, participants will be able to:

- Describe the core principles of trauma-informed care.
- Explain how trauma impacts the developing brain and stress response systems.
- Identify how trauma and chronic stress influence behavior, emotional regulation, and engagement in care.
- Recognize how perceptions of safety affect interactions and outcomes.
- Apply practical strategies to create environments that promote safety, trust, and resilience.
- Incorporate trauma-informed approaches into everyday interactions and care practices.

This event will feature an ASL interpreter, and interpretation will also be available via Teams live translations.

Please note other accommodation needs on registration or contact jennifer.carbonel@carelon.com.

CEUs applied for: Nursing, LMFT, LMHC, Social Work, and LADC.

Speaker



Tiffany Naste, LICSW (she/her)

Tiffany M. Naste, LICSW, is the Director of Clinical Support and Training for JRI's Community-Based Services (CBS) Division. She leads the JRI CBS Division's internal ARC (Attachment, Regulation, Competency) leadership team and is a member of JRI's Trauma Response Network (TRN), providing education, support, emergency assistance and counseling in response to terrorism, disasters, community violence and other acute traumatic incidents impacting the Greater Boston community. In addition to her work at JRI she has worked in residential treatment, schools, and hospital settings providing therapy, teaching and consultation.

