

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

Clinical Essentials on Trauma-Informed Care for Today's Youth

Course Design: 4 modules for a total of 2 hours and 43 minutes of video tailored to the course learning objectives, followed by a 16-question post-test. The materials for this course were reviewed and selected by AACAP's Clinical Essentials Committee in December 2025.

Learning Objectives: At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Define principles of trauma-informed care and the underlying pathophysiology and developmental impact of trauma on clinical presentation.
2. Describe evidence-based approaches to trauma-informed treatment, including strategies for therapeutic referral and engagement, screening in routine clinical encounters, and managing situations involving diagnostic challenges or polypharmacy.
3. Identify elements of trauma-informed systems, including review of community violence, generational trauma, and the impact of secondary trauma and moral injury on professionals.

Lectures, Titles, and Speakers from AACAP's 2025 Annual Meeting

Module 1: Overview of Trauma Informed Care, Pathophysiology, and Assessment

- Introduction and principles of trauma informed care
- Pathophysiology/development and clinical presentation
- Transdiagnostic concepts with trauma

Speakers:

- Heather Forkey, MD: University of Massachusetts, Amherst, MA
- Khadijia Tribié Reid, MD, MPH, FAAP: MedNorth Health Center, Wilmington, NC
- Steven Berkowitz, MD: University of Colorado, Boulder, Colorado

Module 2: Evidence-based Trauma Therapies

- Therapeutic interventions for trauma
- Treatment for emotional dysregulation with patients who have experienced trauma

Speakers:

- Jessica L. Griffin, PsyD: Associate Professor of Psychiatry and Pediatrics, UMass Chan Medical School, Worcester, MA

- Lisa Amaya-Jackson, MD, MPH: Duke University School of Medicine, Durham, North Carolina

Module 3: Trauma-Informed Medication Management

- Trauma-informed prescribing
- Trauma-informed deprescribing

Speakers:

- Brooks Keeshin, MD, FAAP, DFAACAP: University of Utah, Salt Lake City, Utah
- Wynne Morgan, MD: UMass Chan Medical School, Worcester, Massachusetts

Module 4: Systems of Care

- Impacts of community violence
- Creating trauma-informed systems

Speakers:

- Sonya Mathies Dinizulu, PhD: University of Chicago Medicine, Chicago, Illinois
- Justine Larson, MD: Children's National Medical Center, Washington, DC