

# Introduction to Trauma-Informed Care: Foundations in Practice

## Free English Virtual Training

This 90-minute introductory session provides a foundational overview of Trauma-Informed Care (TIC) and its role in improving patient and organizational outcomes. Participants will explore the six core principles of Trauma-Informed Care as outlined by the Centers for Disease Control (CDC), including safety, trust, connection, collaboration, empowerment, and cultural responsiveness. The training will examine how trauma impacts behavior, engagement, and health outcomes, and introduce practical strategies to improve provider-patient relationships while minimizing distress and promoting autonomy. Participants will gain tools to begin assessing services through a trauma-informed lens and understand what it means to build a trauma-informed organization.



### ABOUT THE PRESENTER

#### Dr. J Rocky Romero, LMSW

Dr. Romero is the CEO and owner of JR Romero & Associates, a company he started 21 years ago that focuses on behavioral health program development, program evaluation, consultation, and specialized training. Dr. Romero completed his doctoral studies at the University of New Mexico in Language, Literacy, and Sociocultural Studies (LLSS) with a focus on analyzing legal discourse related to Spanish colonization while applying a critical race theory lens. Dr. Romero has been a trainer and consultant for the Substance Abuse and Mental Health Services Administration (SAMHSA) funded National Hispanic & Latino-Mental Health Technology Transfer Center for the last 13 years. In his role as a Technical Assistance expert for the NHL-MHTTC, he has recently helped plan, develop, solicit funding for projects.

**Thursday, August 20, 2026**

**9 AM - 10:30 AM MST**

**1.5 CEUs**

[Click Here to Register](#)

To register, click the link or scan the QR Code:



For more information, please contact:  
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National Latino Behavioral Health Association **NLBHA**

