



# CHILDREN'S TRAUMA HEALING CENTER

EMPOWERING CHILDREN AND FAMILIES THROUGH TRAUMA-INFORMED CARE



## ABOUT US

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At Children's Trauma Healing Center, we are dedicated to supporting children and families as they navigate the effects of trauma. We offer a range of experiential therapies, including Play Therapy, EMDR, SMART, Sandtray, and Parent Coaching, designed to address emotional, behavioral, and relational challenges. By providing compassionate, specialized care, we aim to create a space where children can heal, grow, and develop the resilience needed to thrive.

## OUR SERVICES

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COUNSELING



TRAINING



CONSULTING



SUPERVISION

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## OUR MISSION

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Our mission is clear: to transform the world into a safer, more nurturing haven for children and adolescents – both physically and emotionally. We envision a world where every young person finds sanctuary in their homes, schools, and communities, equipped with the essential tools and uplifted by the most impactful factor in resilience – meaningful connections and relationships.

We are dedicated to turning this vision into reality, one child, one family, and one community at a time, while also empowering and educating a network of professionals who share our commitment. Through training, supervision, and consultation, we amplify our impact, fostering a global community of caregivers equipped to support the journey of healing and growth.

## OUR APPROACH

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At Children's Trauma Healing Center, our approach is grounded in trauma-informed care, focusing on the unique needs of each child and family. We understand that trauma impacts not only emotional well-being but also brain development and relational health. Using the principles of neurodevelopment, we prioritize creating a safe, nurturing environment where children can feel supported and understood.

Our work is guided by the Neurosequential Model of Therapeutics (NMT), which helps us assess brain organization and functioning to tailor interventions effectively. We emphasize the importance of regulation, relational connection, and engagement in the healing process, helping children develop essential coping abilities and emotional resilience.

We incorporate experiential therapies like Play Therapy, EMDR, SMART, and Parent Coaching to promote healing through connection, creativity, and attunement. These therapies help children process trauma, strengthen relationships, and empower families to create a stable, nurturing environment that supports growth and recovery.





# TRAIN WITH US

## ABOUT OUR PROGRAMS

Our programs are rooted in a deep understanding of trauma, neurobiology, and attachment. We specialize in providing practical, evidence-based education for therapists, educators, and parents, equipping them with the tools and knowledge to support healing and growth. Whether you're working directly with clients, students, or children, our programs are designed to empower you with the latest research and cutting-edge techniques tailored to your specific needs.

**LEARN MORE**

[www.cthcnj.com/training](http://www.cthcnj.com/training)

## WHAT YOU CAN EXPECT

### SMALL GROUP SIZE

All in-person programs are limited to 10 participants, ensuring personalized attention and a close-knit, supportive learning atmosphere.

### EXPERIENTIAL LEARNING

Our programs are immersive, emphasizing experiential learning, enabling participants to engage actively and practice new skills in real-time.

### ADAPTIVE LEARNING

Programs are tailored to each group's needs, offering flexibility in content delivery to provide the best possible learning experience.

### CUTTING EDGE CONTENT

We offer a neurobiology and attachment-informed approach, integrating cutting-edge research and trauma-focused, evidence-based techniques.