



Trauma Response and the Criminal Justice System: A Virtual Summit on Knowledge, Healing, and Resilience

“Trauma and the Pandemic: Helping Youth Transition to the New Normal”

This session will explore trauma both specific to and exacerbated by the pandemic. Through that lens, there will be discussion about how trauma impacts brain development and how to use that knowledge to help youth cope with the transition to the new normal. There will also be discussion of adversity and resilience and the importance of community care.

Presenter: Sara Robinson, LPC

Sara Robinson is a Licensed Professional Counselor who earned her M.Ed. and Ed.S. in Counselor Education from the University of Virginia. Sara worked as a family and individual therapist at an alternative-to-incarceration program in the Bronx, NY, before returning to Virginia to provide intensive in-home therapy for Region Ten Community Services Board, and later outpatient therapy at Charlottesville High School. She is currently the Director of Child & Family Outpatient and Crisis Services for Region 10. She sits on the steering and training committees of The Greater Charlottesville Trauma-Informed Community Network, and is on the leadership board of the Virginia Trauma Recovery Network. Sara is a trainer for ACE Interface and the Community Resilience Initiative, and utilizes EMDR and TF-CBT in her private clinical practice.