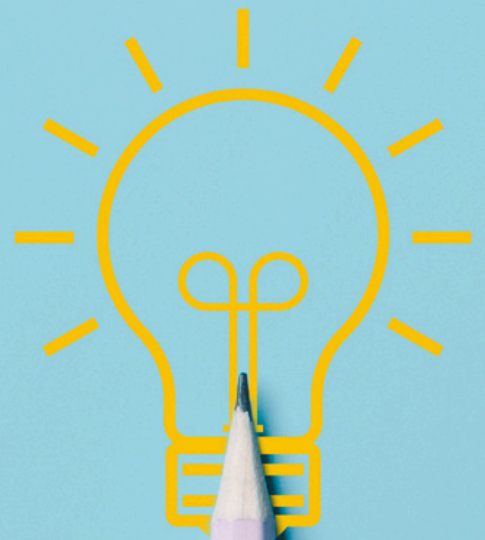


Conversations for Change Training Program

Training Catalog

July 2026



CHANGE *the*
conversation.

Preventing and Healing Child Sexual Abuse.

Change the Conversation

is a nonprofit organization dedicated to preventing and healing from child sexual abuse. Our work includes training trusted adults, providing school-based services for students and parents, and offering counseling assistance for survivors. We aim to engage communities in understanding and eliminating the impacts of child sexual abuse. For more details, please visit our [website](#).



Meet Our Trainers



Katie Cashman, Executive Director

Katie collaborates with our Board, staff, and community partners to advance our mission. With over a decade in senior leadership roles in quality compliance and program operations, she brings a wealth of experience in direct services and program supervision. A Carroll County native, Katie has overseen regional programming in Central Maryland. She holds a B.S. from Towson University, attended McDaniel College for post-baccalaureate studies, and is a Stewards of Children facilitator, dedicated to child sexual abuse prevention and education.

Chelsea Dorsey McGonigle, MEd

Chelsea McGonigle leads school-based partnerships through the implementation of Turn the Talk, an evidence-informed prevention initiative. With nearly 15 years of experience in prevention education, she specializes in curriculum and program development, trauma-informed practices, crisis intervention, and professional training. She holds a Master's Degree in Education – Curriculum and Instruction, a Bachelor's Degree in Family Studies, and is a certified Stewards of Children facilitator and Youth Mental Health First Aid instructor.





Amie Myrick, MS, LCPC

Amie is a Maryland licensed clinical professional counselor with over 20 years of experience in trauma-related counseling, training, and consultation. She leads our training and technical assistance programs, is an Adverse Childhood Experiences (ACEs) Interface Master Presenter and a national Healthy Outcomes from Positive Experiences (HOPE) facilitator and champion. Amie has extensive expertise in trauma-informed practices and provides training and technical assistance nationally to organizations looking to respond to and prevent trauma.

Stefany Zelaya, MPH

Stefany is a Prevention and Education Specialist supporting public health initiatives through community engagement and trauma-informed practices. With a Bachelor's and Master's degree in Public Health, she brings expertise in health education, prevention and health intervention program development, and community outreach. She has training and a strong knowledge base in family violence prevention, early childhood development, and youth sexual health interventions. Fully bilingual in Spanish and English, Stefany brings cultural competency to her work with Spanish-speaking communities, ensuring inclusive and effective communication in every setting.



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A Non-Therapist's Guide to Supporting Children and Families in Child Sexual Abuse Cases

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Describe the role and boundaries of non-therapists in CSA cases.
- Apply trauma-informed principles across the CSA timeline.
- Respond supportively to CSA disclosures while meeting obligations.
- Identify role-appropriate ways to support children and caregivers
- Plan for managing the personal and emotional impact.

Learn strategies for providing support to survivors of child sexual abuse, no matter your role.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

Anyone looking to more effectively support survivors of child sexual abuse in their personal or professional lives.

[Register for Training Here](#)



A Phase-Oriented Approach to Trauma Treatment: Building Core Skills for Safe, Effective, & Responsive Care

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Define the three phases of trauma treatment.
- Identify ethical considerations and core competencies for engaging in trauma-focused work.
- Apply phase-appropriate techniques.
- Describe selected trauma-processing modalities and identify when they are appropriate or contraindicated.

Increase your clinical skills to plan and pace treatment that aligns with your clients' readiness and current best practices.



Session Details

- In person or virtual options
- 3.0-hours
- Can be customized for a full-day training
- 3.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



After the Call: Understanding CPS Investigations and Outcomes – Part I

TRAINERS:
KRISTEN DUNN & MEGHAN
MCGOWAN, FREDERICK
COUNTY DEPARTMENT OF
SOCIAL SERVICES



This session will help you:

- Explain the CPS screening process and criteria for accepting reports.
- List reasons why a report may be screened out.
- Discuss how unnecessary reports can affect families and the CPS system.

Increase your understanding of the process that follows after a CPS mandated report is made.

Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors
- Any mandated reporter

[Register for Training Here](#)



After the Call: Understanding CPS Investigations and Outcomes – Part II

TRAINERS:
KRISTEN DUNN & MEGHAN
MCGOWAN, FREDERICK
COUNTY DEPARTMENT OF
SOCIAL SERVICES

This session will help you:

- List the stages of CPS response.
- Explain possible case outcomes.
- Describe DSS's legal authority and limitations.
- Apply strategies for effective collaboration between DSS and community professionals.
- Discuss common frustrations and misconceptions about CPS actions.

Understand the stages,
outcomes, and processes
involved in a CPS response.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors
- Any mandated reporter

[Register for Training Here](#)



Applications Across Settings: A School-Based Model for Preventing Child Sexual Abuse

TRAINERS:

CHELSEA MCGONIGLE, MED
AMIE MYRICK, LCPC

This session will help you:

- Discuss the key components of a school-based prevention model.
- Identify the core principles that make prevention efforts effective and sustainable.
- Identify one or more actions they can take to apply these prevention principles in their own sphere of influence.

Discover new ways to develop partnerships with schools and community organizations to prevent child sexual abuse.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Child Advocacy Centers
- Community organizations

[Register for Training Here](#)



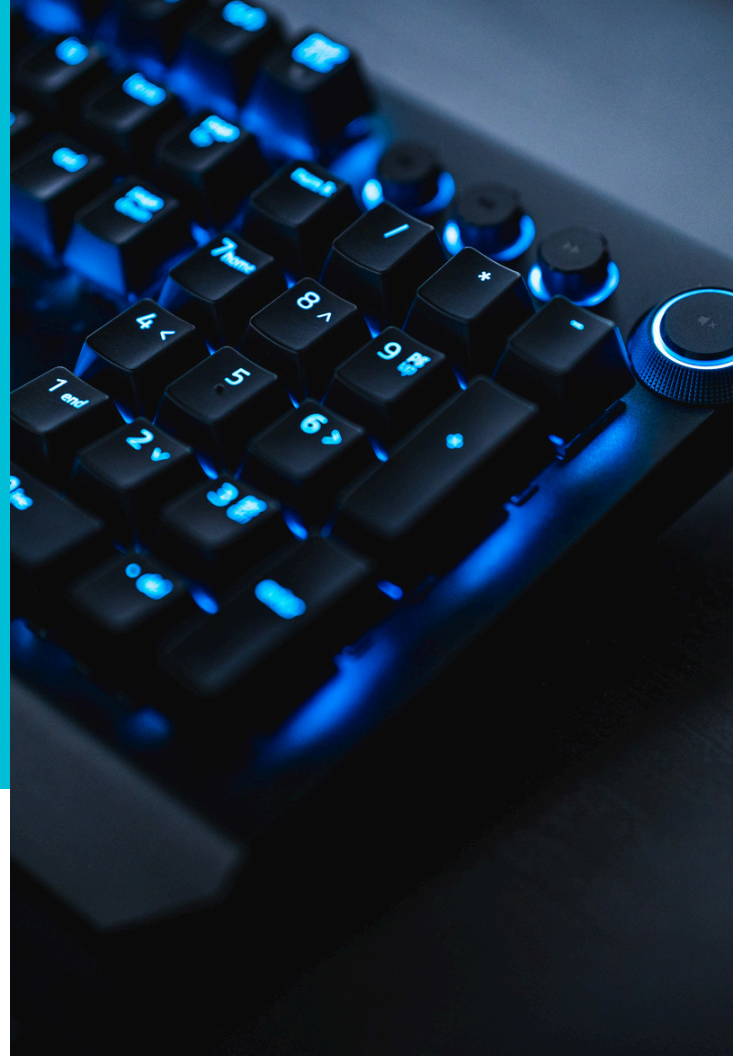
Beyond the Basics: Navigating Mandated Reporting & Internet Safety

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Recognize and report both traditional and technology-related signs of child abuse.
- Understand legal responsibilities and challenges involved in reporting online safety concerns.
- Learn practical tools and strategies for fostering a safe online environment in schools and homes.

Gain practical skills to support your clients and meet mandated reporting requirements when technology is involved.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Any mandated reporters who work with children and families

[Register for Training Here](#)



Big Feelings, Brave Conversations

TRAINER:
CHELSEA MCGONIGLE, MED

This session will help you:

- Recognize how adult emotions, stress responses, and communication patterns influence a child's willingness to engage in difficult conversations.
- Apply practical communication strategies to stay regulated, respond thoughtfully, and navigate challenging conversations.
- Practice developmentally appropriate language and conversation repair strategies.

Learn ways to
communicate effectively
with children during
challenging moments.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Caregivers
- Anyone working with children and families

[Register for Training Here](#)



Building Protective Capacity: Strengths-Based Strategies for Engaging Caregivers After Disclosure

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Describe how shock, fear, and stress can influence caregiver reactions.
- Identify and strengthen emerging protective behaviors.
- Use strengths-based communication strategies.
- Apply practical approaches for setting boundaries and collaborating when protective capacity is limited or fluctuating.

Gain practical skills to support parents in the aftermath of child sexual abuse disclosure.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Anyone who works with children and families

[Register for Training Here](#)



Changing the Conversation: Building Stronger School Partnerships

TRAINERS:

CHELSEA MCGONIGLE, MED
AMIE MYRICK, LCPC

This session will help you:

- Learn strategies to engage school administrators in child sexual abuse prevention.
- Discover methods to overcome common barriers in school collaborations.
- Gain insights into engaging schools in evidence-based prevention.

Discover how to
engage with schools in
child sexual abuse
prevention.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training

Who should attend:

Any professionals looking to more effectively partner with schools in child sexual abuse prevention work



[Register for Training Here](#)

Child Sexual Abuse: What Every Family Law Attorney Needs to Know

TRAINERS:

ALEX MCGEE, ESQ.

AMIE MYRICK, LCPC

This session will help you:

- Describe the dynamics of child sexual abuse and how concerns may arise in family law.
- Discuss CPS processes, the role of CACs, and their impact on cases.
- Apply trauma-informed strategies.
- Identify best practices for safe parenting plans, client education, and cross-disciplinary collaboration.

Consider child sexual abuse intervention and prevention in family law cases.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Family law professionals
- Other law professionals
- Therapists/Counselors
- Social workers

[Register for Training Here](#)



Child Sexual Abuse 101: Essential Knowledge for Every Professional

TRAINERS:

CHELSEA MCGONIGLE, MED
AMIE MYRICK, LCPC

This session will help you:

- Gain a foundational understanding of child sexual abuse and its impacts.
- Learn to recognize signs and symptoms of abuse.
- Understand the importance of prevention and the role individuals play in protecting children.

Gain essential knowledge on child sexual abuse and understand why everyone plays a role in prevention.



Session Details

- In person or virtual options
- 1.5-hours
- Can be customized for a full-day training
- 1.5 CEUs available

Who should attend:

- Community members
- Any professionals who work with children and families

[Register for Training Here](#)



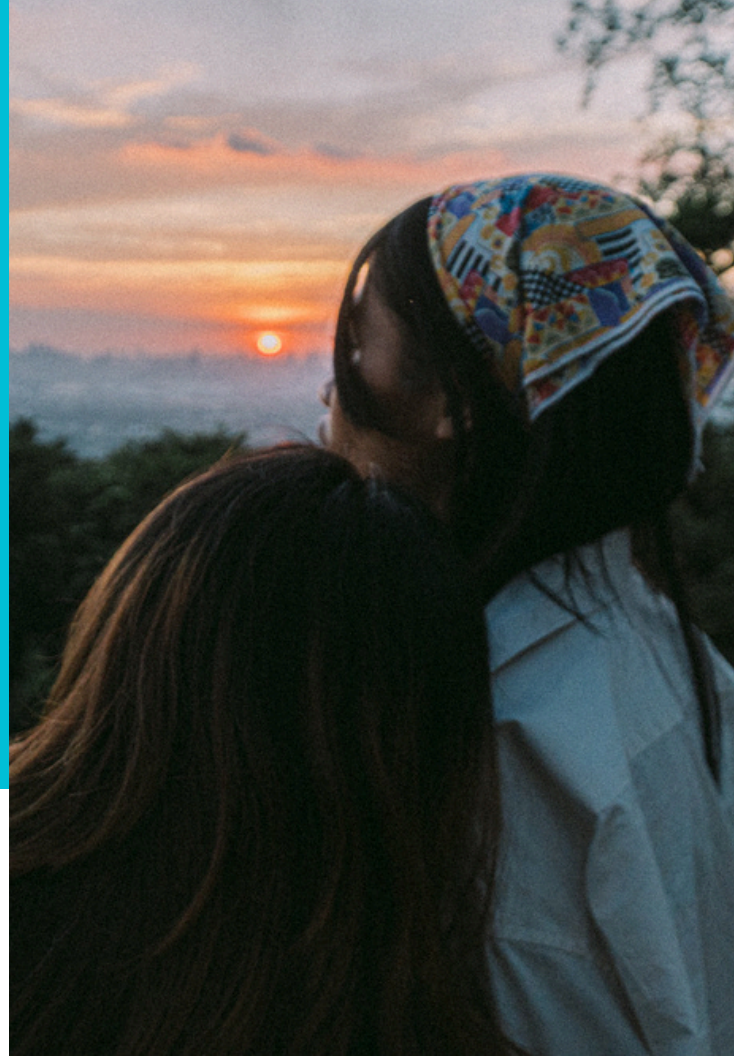
Connected Harm: Responding to Teen Dating Violence and Child Sexual Abuse

TRAINER:
CHELSEA MCGONIGLE, MED

This session will help you:

- Describe the intersection of teen dating violence and child sexual abuse within adolescent relationships.
- Recognize warning signs, common misconceptions, and behavioral indicators that may suggest dating violence, sexual abuse, or both.
- Apply trauma-sensitive strategies to respond to student concerns, support youth, and collaborate with partners.

Gain insights and skills to respond at the intersection of teen dating violence and child sexual abuse.



Session Details

- In person or virtual options
- 2.0 hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Any professionals working with youth and children

[Register for Training Here](#)



Connecting with Caregivers: Ethical Engagement in Child Trauma Therapy

TRAINER: AMIE MYRICK, LCPC



This session will help you:

- Explain how trauma histories affect caregiver engagement in therapy.
- Identify common ethical challenges.
- Apply trauma-informed strategies to sensitive caregiver conversations.
- Describe approaches for supporting caregivers with their own trauma histories or mental health challenges.
- Integrate a strengths-based, trauma-responsive framework

Learn new strategies to connect with and support caregivers in child trauma therapy.

Session Details

- In person or virtual options
- 2.0 hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



Creating Safe Spaces: Teaching Body Safety at Home

TRAINERS:

CHELSEA MCGONIGLE, MED
AMIE MYRICK, LCPC

This session will help you:

- Discuss clear, age-appropriate boundaries.
- Demonstrate communication skills to discuss body safety with children.
- Describe potential risks in home and online environments.
- Identify actions that can be applied both at home and in digital interactions.

Gain the tools you need to create a secure environment in physical spaces in the home & the digital world of the Internet.



Session Details

- In person or virtual options
- 1.5 hours
- Can be customized for a full-day training
- 1.5 CEUs available

Who should attend:

- Community members
- Parents
- Any professional who works with children and families

[Register for Training Here](#)



Crossroads: Addressing the Intersection of Child Sexual Abuse and Sex Trafficking

TRAINER:
CHELSEA MCGONIGLE, MED

This session will help you:

- Understand the relationship between child sexual abuse and minor sex trafficking.
- Assess the impact of technology on child exploitation.
- Identify risk and protective factors of minor sex trafficking.
- Discuss how to advocate for survivors of minor sex trafficking.

Learn how to advocate
for those who may be
experiencing sex
trafficking.



Session Details

- In person or virtual options
- 1.5-hours
- Can be customized for a full-day training
- 1.5 CEUs available

Who should attend:

- Educators
- Any school-based professionals who work with children and families



[Register for Training Here](#)

Culture of Care: Building Workplaces that Keep Children Safe

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Understand the impact of company culture on child safety.
- Learn best practices for cultivating a protective environment for children and families.
- Develop strategies for continuous improvement in child safety practices within the organization.

Establish a company culture that prioritizes and ensures child safety.



Session Details

- In person or virtual options
- 2 hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Business owners
- Those in formal and informal leadership roles in organizations

[Register for Training Here](#)



Empowering Counselors: Essentials of Mandated Reporting of Child Sexual Abuse

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Understand mandated reporting requirements for child sexual abuse.
- Discuss the importance of reporting child sexual abuse for adult survivors.
- Learn effective communication strategies for discussing mandated reporting with clients and families.
- Apply techniques to support survivors throughout the reporting process and in ongoing therapy.

Gain practical skills to support your clients and meet mandated reporting requirements.



Session Details

- In person or virtual options
- 2 hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



Empowering Youth to Navigate Digital Risks

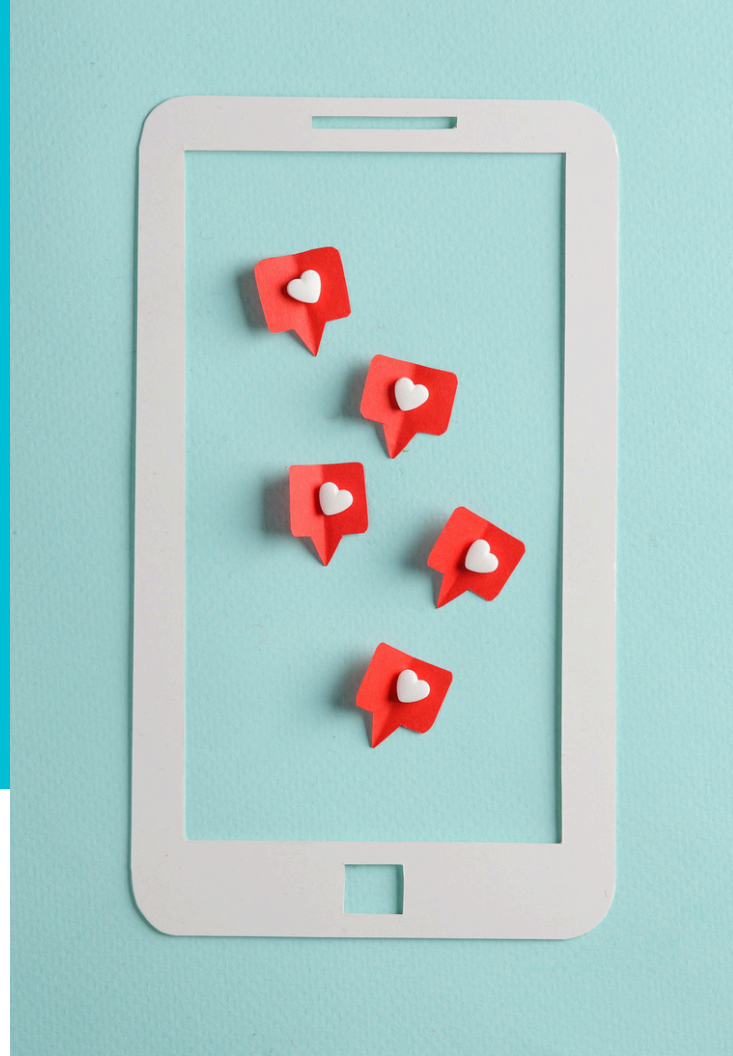
TRAINERS:

CHELSEA MCGONIGLE, MED
AMIE MYRICK, LCPC
STEFANY ZELAYA, MPH

This session will help you:

- Describe types and shared features of online risks.
- Discuss why and how messaging has been ineffective.
- Understand youth sexting experiences and motives.
- Review actions and strategies to promote online safety.

Learn about the many ways you can prevent child sexual abuse in your role as a school staff member and mandated reporter.



Session Details

- In person or virtual options
- 1.5-hours
- Can be customized for a full-day training
- 1.5 CEUs available

Who should attend:

- Parents
- Community members
- Any professionals who work with children and families

[Register for Training Here](#)



Ethics in Action: Navigating Supervision, Teams, and Systems with Integrity

TRAINER:
AMIE MYRICK, LCPC

This session will help you:

- Identify common ethical challenges that arise in supervision, team collaboration, and organizational leadership.
- Apply professional codes of ethics to real-world scenarios involving competing responsibilities or values.
- Utilize structured frameworks for ethical decision-making across systems and roles.

Promote ethical,
culturally responsive,
and psychologically safe
environments in
supervision and team
settings.



Session Details

- In person or virtual options
- 3.0-hours
- Can be customized for a full-day training
- 3.0 CEUs available
- Meets Social Work Ethics Requirement

Who should attend:

- Mental health supervisors
- Formal and informal team and organizational leaders

[Register for Training Here](#)



Ethical Pathways: Safeguarding Therapists in Sexual Abuse Survivor Care

TRAINERS:

KATHLEEN KERNER, ESQ

AMIE MYRICK, LCPC

This session will help you:

- Understand unique challenges faced by sexual abuse survivors.
- Navigate confidentiality, mandatory reporting, and other legal obligations.
- Recognize and address potential pitfalls in that can result in malpractice claims.
- Develop effective practices to protect both you and the client.
- Maintain professional boundaries and personal well-being.

Navigate the complexities of providing care to sexual abuse survivors and avoid malpractice.



Session Details

- In person or virtual options
- 3.0-hours
- Can be customized for a full-day training
- 3.0 CEUs available
- Meets Social Work Ethics Requirement

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



Ethical Play Therapy Essentials: Addressing Child Sexual Abuse, Behaviors, & Boundaries

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Learn how child sexual abuse can manifest in play.
- Differentiate between developmentally appropriate and problematic sexual behaviors.
- Engage effectively with parents.
- Understand the role of Child Advocacy Centers.
- Maintain professional boundaries while addressing challenging topics.

Understand the ethical & special considerations when engaging in play therapy with children & families who have been impacted by sexual abuse.



Session Details

- In person or virtual options
- 3.0-hours
- Can be customized for a full-day training
- 3.0 CEUs available
- Meets Social Work Ethics Requirement

Who should attend:

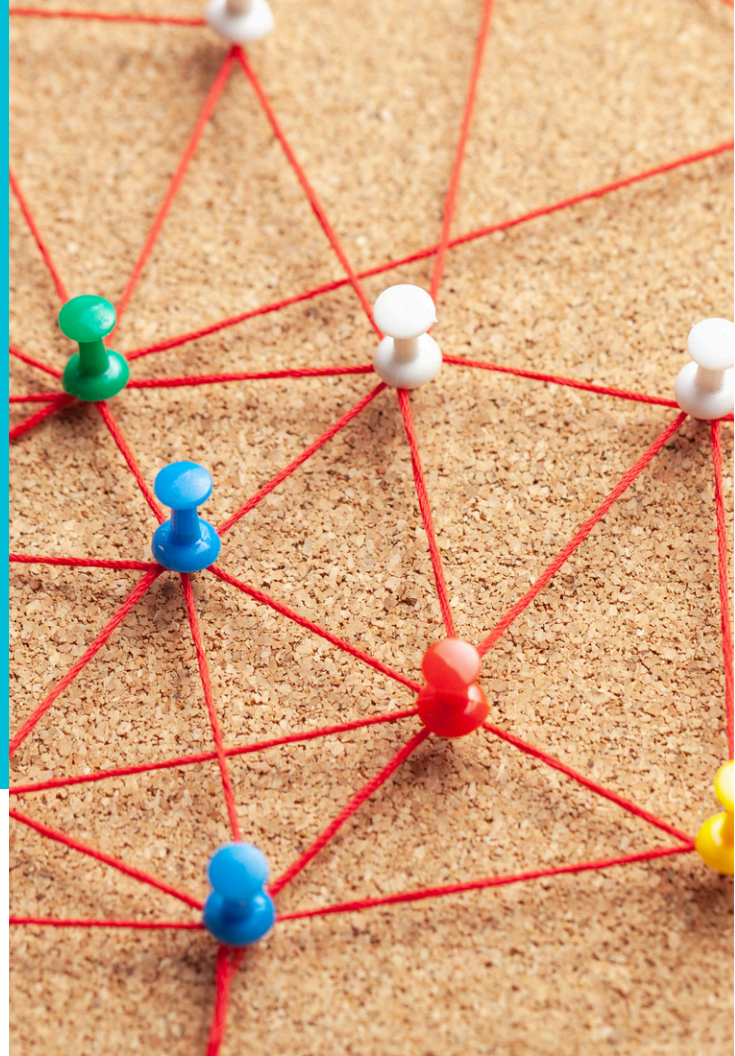
- Play therapists
- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



Feeling Too Little: Understanding & Treating Dissociation as an Adaptive Survivor Response

TRAINER: AMIE MYRICK, LCPC



This session will help you:

- Describe the range and function of dissociative responses.
- Identify indicators of dissociation in adults and children.
- Explain how dissociation fits within nervous system dysregulation and trauma-related adaptations.
- Apply strategies to assess dissociation safely and integrate grounding and stabilization skills into treatment.

Understand dissociation
and learn strategies to
help survivors navigate
dissociative responses.

Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

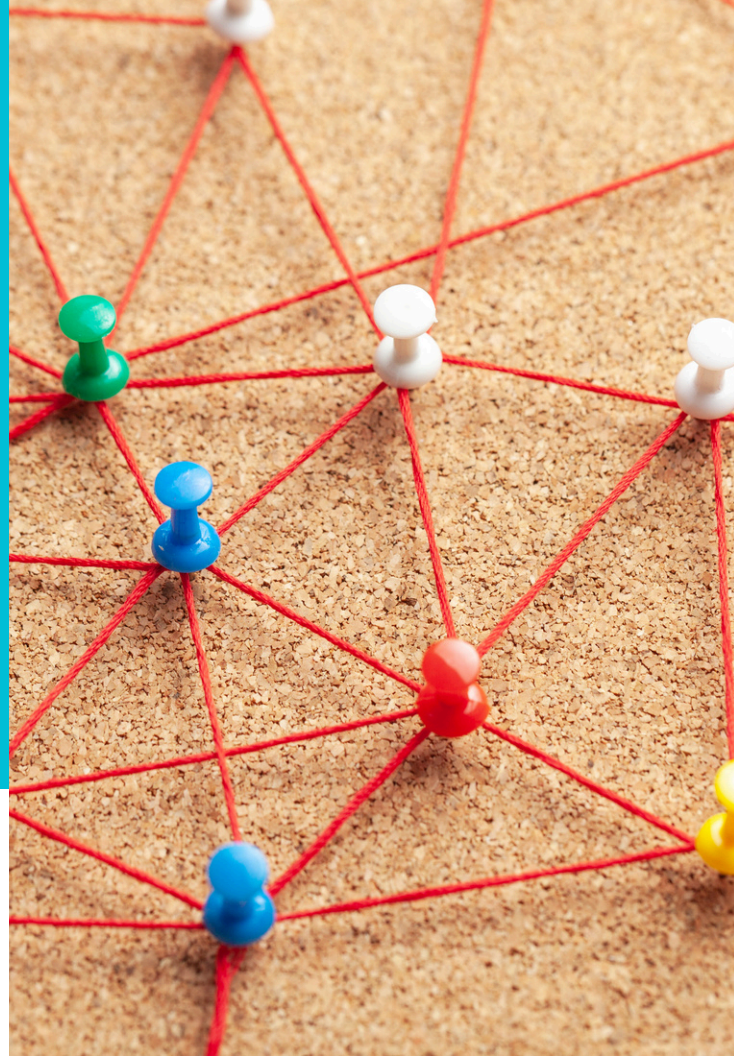
- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



From Checklist to Conversation: Recognizing & Responding to Trafficking Risk in Children and Adolescents

TRAINER: AMIE MYRICK, LCPC



This session will help you:

- Explain how trafficking and grooming often develop.
- Identify common vulnerabilities and entry points that may increase risk.
- Use developmentally appropriate language and conversation strategies to talk with youth about safety and relationships.
- Respond to concerns with curiosity and clarity.

Recognize and respond
effectively to trafficking
risks among youth.

Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Anyone working with youth and families

[Register for Training Here](#)



From Disclosure to Support: Responding to Child Sexual Abuse in the Classroom

TRAINERS:
CHELSEA MCGONIGLE, MED

This session will help you:

- Describe possible signs and symptoms of abuse.
- Understand staff and faculty roles and responsibilities as mandated reporters.
- Demonstrate ways to strengthen and reinforce safety in adult-student interactions.

Learn about the many ways you can prevent child sexual abuse in your role as a school staff member and mandated reporter.



Session Details

- In person or virtual options
- 1.5-hours
- Can be customized for a full-day training
- 1.5 CEUs available

Who should attend:

- Educators
- Any school-based professionals who work with children and families

[Register for Training Here](#)



Inclusive Care in Practice: Responding to Diverse Realities of Child Sexual Abuse

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Define inclusive, trauma-informed care in the healing from child sexual abuse.
- Identify how child sexual abuse may occur across diverse forms and settings, including familial, institutional, and online contexts.
- Recognize how identity, culture, and systemic inequities shape the impact of abuse, disclosure and support-seeking.

Learn inclusive strategies that foster safety, trust, and equity when supporting children and families affected by child sexual abuse.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Mental health supervisors
- Anyone working in a helping role with survivors

[Register for Training Here](#)



Inclusive Responses to Child Sexual Abuse: Meeting the Needs of Those with Intellectual & Developmental Disabilities

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Describe child sexual abuse, associated factors, & common reactions.
- Define disabilities, common characteristics, and associated comorbidities.
- Examine the intersection of child sexual abuse and those with disabilities.
- Describe best practices to incorporate into your work.

Enhance your response to child sexual abuse by learning about unique considerations for children with intellectual & developmental disabilities.



Session Details

- In person or virtual options
- 1-hour and 3-hour options
- Can be customized for a full-day training
- 1.0 - 3.0 CEUs available

Who should attend:

- Community members
- Any professional who works with children and families

[Register for Training Here](#)



Innovations and Trends in Child Sexual Abuse Prevention

TRAINER:
CHELSEA MCGONIGLE, MED

This session will help you:

- Define child sexual abuse and discuss relevant laws, policies, and effects.
- Discuss the impact Internet and technology has on sexual exploitation.
- Review trends in the field of child sexual abuse prevention and recovery.
- Identify best practices for engaging with adolescents through a harm reduction approach.

Learn about current trends and approaches for preventing child sexual abuse.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training on best practices for developing prevention-based programming
- 2.0 CEUs available

Who should attend:

- Community members
- Any professional who works with children and families

[Register for Training Here](#)



Key Strategies for Supporting Survivors of Child Sexual Abuse through Legal Processes & Proceedings

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Discuss challenges faced by therapists when supporting survivors through legal processes related to child sexual abuse.
- Identify key legal concepts & stages in child sexual abuse cases.
- Develop strategies to prepare & support clients before, during, & after legal proceedings .
- Learn strategies to provide effective and sensitive client support.

Support clients as they go through legal processes related to child sexual abuse.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



Partners in Prevention: Teaching Body Safety in the Elementary Classroom

TRAINER:
CHELSEA MCGONIGLE, MED

This session will help you:

- Explain the foundational concepts of developmentally appropriate body safety education.
- Implement age-appropriate, trauma- and compassion-informed strategies for teaching body autonomy, boundaries, trusted adults, and other core body safety concepts in PreK–5 classrooms.
- Respond to student questions, concerns, and disclosures with confidence.

Learn practical, developmentally appropriate ways to teach body safety in PreK–5 classrooms.



Session Details

- In person or virtual options
- 2.0 hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Elementary school teachers
- School administrators
- School social workers and counselors

[Register for Training Here](#)



Promoting Inclusivity for Children & Families Impacted by Problematic Sexual Behavior

TRAINER: AMIE MYRICK, LCPC



This session will help you:

- Distinguish between typical from problematic sexual behaviors among school-aged children.
- Dispel myths associated with working with impacted families.
- Understand the needs of impacted families and possible ways to meet those needs.
- Choose at least one action you can implement to increase your inclusion of impacted families.

Increase your knowledge, preparedness, and ability to be inclusive of families who are impacted by problematic sexual behavior.

Session Details

- In person or virtual options
- 1.5-hours
- Can be customized for a full-day training
- 1.5 CEUs available

Who should attend:

- Organizational leaders and policy makers
- Professionals who work with children and families

[Register for Training Here](#)



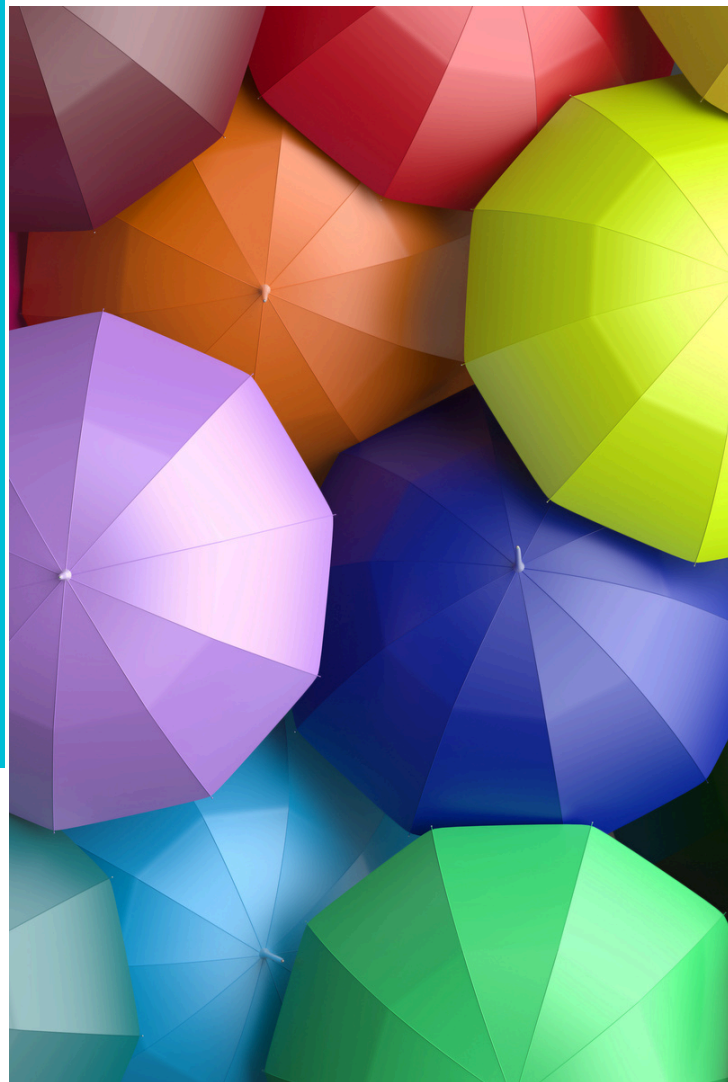
Protecting Every Voice: Supporting Multilingual Children in Abuse Prevention and Response

TRAINER: STEFANY ZELAYA, MPH

This session will help you:

- Define child sexual abuse and relevant laws, policies, and effects.
- Discuss language barriers and cultural differences that can impact a multilingual child's ability to disclose abuse or seek help.
- Identify best practices for fostering safe, accessible, and inclusive environments that support multilingual children.

Create a welcoming, inclusive, and culturally responsive environment for children and families impacted by sexual abuse.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Community members
- Anyone who works with or volunteers in communities with multilingual families and children.

[Register for Training Here](#)



Responding to Disclosures: Essential Skills for Child-Serving Professionals

TRAINER:
AMIE MYRICK, LCPC
(IN PARTNERSHIP WITH
CENTER FOR HOPE)

This session will help you:

- Describe how to gather only minimal facts when a child discloses abuse.
- Discuss the forensic interview process and professionals involved.
- Analyze disclosures in a trauma-informed way that prioritizes the child's safety and well-being.
- Assess when a child may require specialized trauma treatment.

Respond to youth disclosures of child sexual abuse in alignment with best practices.



Session Details

- In person or virtual options
- 2-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Community members
- Any professional who works with children and families

[Register for Training Here](#)



Seen, Safe, and Supported: Creating Trauma-Sensitive Classrooms

TRAINER:
CHELSEA MCGONIGLE, MED

This session will help you:

- Recognize how everyday interactions can affect a student's sense of safety, trust, and connection.
- Apply trauma-sensitive communication strategies that help students feel seen, heard, and supported during conversations about sensitive topics.
- Respond to disclosures, concerning statements, and emotionally charged conversation.

Develop skills to support students during conversations about sensitive topics.



Session Details

- In person or virtual options
- 2-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Educators
- School administrators
- School counselors and social workers

[Register for Training Here](#)



Stewards of Children[®]

by Darkness to Light 

CERTIFIED D2L FACILITATORS:
KATIE CASHMAN
CHELSEA MCGONIGLE
AMIE MYRICK

This session will help you:

- Recognize the power and impact you have within your sphere of influence.
- Distinguish between the myths and facts of child sexual abuse.
- Examine ways to minimize opportunities for abuse in a variety of situations including online and gaming environments.
- Discuss strategies to bridge cultural gaps that may potentially inhibit open communication.

Learn practical actions you can take to reduce instances of child sexual abuse in your organizations, families, & communities.



Session Details

- In person or virtual options
- 2.5-hours
- Can be customized for a full-day training
- 2.5 CEUs available

Who should attend:

- Community members
- Any professional who works with children and families

[Register for Training Here](#)



Supervising Ethical Therapists: Helping Supervisees Navigate Sexual Abuse Survivor Care

TRAINERS:

KATHLEEN KERNER, ESQ

AMIE MYRICK, LCPC



This session will help you:

- Recognize & manage ethical challenges in both supervisory and therapeutic relationships.
- Create an environment of psychological safety.
- Learn strategies to maintain appropriate boundaries with clients.
- Enhance ability to provide meaningful support and guidance to therapists.

Support your supervisees and their clients through ethical supervisory practices.

Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



Support at Every Stage: A Lifespan Approach to Child Sexual Abuse

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Recognize how child sexual abuse impacts may present across different developmental stages.
- Describe developmentally appropriate approaches to supporting children, adolescents, and adults with a history of child sexual abuse.
- Practice strategies reflecting diverse ages, needs and healing journeys.

Support those who have experienced child sexual abuse, no matter their age or developmental stage.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



Teachers as Champions: Promoting Online Safety in the Classroom and Beyond

TRAINER:
CHELSEA MCGONIGLE, MED

This session will help you:

- Define child sexual abuse material
- Understand relevant barriers, risks, rewards, and effective responses.
- Review data on perceptions of normalcy and recent trends in online exploitation.
- Consider the cultural impact of technology on adolescents.
- Discuss best practices for engaging with adolescents through a harm reduction approach.

Learn ways to support adolescents and enhance their safety when using technology.



Session Details

- In person or virtual options
- 2-hour and 4-hour options

Who should attend:

School personnel, including administrators, school resource officers, educators, counselors, administrative staff, coaches

[Register for Training Here](#)



Telehealth in Trauma Therapy: Ethics, Connection, and Care

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Identify ethical and professional standards relevant to telehealth in trauma therapy.
- Describe key benefits, challenges, and contraindications.
- Apply trauma-informed practices that promote safety, presence, and transparency in virtual sessions.
- Demonstrate strategies to maintain boundaries and manage activation or dissociation online.

Gain tools to provide ethical, grounded, and compassionate care in the digital space.



Session Details

- In person or virtual options
- 3.0-hours
- Can be customized for a full-day training
- 3.0 CEUs available
- Meets Social Work Ethics Requirement

Who should attend:

- Therapists/Counselors
- Social workers
- Mental health supervisors

[Register for Training Here](#)



The New Frontline: Risks & Responses to Children Sharing Explicit Materials

TRAINERS:

CHELSEA MCGONIGLE, MED
AMIE MYRICK, LCPC

This session will help you:

- Discuss Internet usage and the brain.
- Understand the social pressures of Internet use.
- Examine the frequency and consequences of sharing images.
- Learn ways to manage image sharing situations.

Understand, support,
and protect children
who spend time online &
may send, receive, and
be exposed to shared
images.



Session Details

- In person or virtual options
- 1.5 hours
- Can be customized for a full-day training
- 1.5 CEUs available

Who should attend:

- Community members
- Parents
- Any professional who works with children and families

[Register for Training Here](#)



Their Tech, Their Terms: Promoting Online Safety for Young Adults

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Identify at least three red flags that pop up in online scams or unsafe situations.
- Understand simple tools to stay safe online.
- Support young adults in identifying people they will reach out to if something goes wrong online.
- Practice using questions to assess the safety of a site, app, or game.
- Handle difficult situations such as scams, pressure, or sextortion.

Learn ways to guide young adults in protecting themselves, their connections, and their online spaces.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available
- Meets Social Work Ethics Requirement

Who should attend:

- Therapists/Counselors
- Social workers
- Any professional who works with children and families

[Register for Training Here](#)



Uplifting Survivors: Confronting Microaggressions in Support of Child Sexual Abuse Survivors

TRAINER: AMIE MYRICK, LCPC

This session will help you:

- Identify & understand microaggressions survivors of child sexual abuse might encounter.
- Understand the emotional and psychological effects of microaggressions..
- Examine practical strategies for responding to microaggressions.
- Practice communication techniques.
- Foster a supportive and empathic environment for survivors.

Learn about current trends and approaches for preventing child sexual abuse.



Session Details

- In person or virtual options
- 2.0-hours
- Can be customized for a full-day training
- 2.0 CEUs available

Who should attend:

- Community members
- Any professional who works with children and families

[Register for Training Here](#)



Youth Mental Health First Aid (YMHFA)

TRAINER:
CHELSEA MCGONIGLE, MED



This session will help you:

- Describe the purpose of YMHFA and the role of the First Aider.
- Recognize signs and symptoms of mental health challenges in youth.
- Explain the impact of traumatic experiences and the role of resilience on adolescent development.
- Apply the steps of the YMHFA Action Plan in non-crisis and crisis situations.
- Choose appropriate methods for self-care.

Identify, understand,
and respond to signs of
mental health &
substance use
challenges in youth ages
12-18.

Session Details

- In person or virtual options
- 5.5-hours
- 2 hours of pre-work prior to session
- Can be customized to several sessions over multiple dates
- 5.0 CEUs available

Who should attend:

- Adults who work with youth
- Teachers & School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents

[Register for Training Here](#)



Turn the Talk

is Change the Conversation’s evidence-inspired prevention program that equips and empowers children and adolescents with the tools they need to address child sexual abuse.



Our modeled presentation sessions are appropriate for any professionals who work with children and families, including school personnel and community members. Sessions allow you the opportunity to preview content before bringing it to your school or organization.

	<u>Offered for Grades</u>			
• Behind the Screen: A Lesson in Digital Awareness and Safety			10th	11th 12th
• Hope and Healing: Raising Awareness About Domestic Minor Sex Trafficking		8th		
• Protecting Rights, Understanding Impact: Law and Ethics		8th	10th	11th 12th
• Safe Spaces: An Introduction to Child Sexual Abuse	6th	9th		
• The Power of One Voice: Bystander Strategies That Protect and Empower		8th	10th	11th 12th
• Trust or Trap? Navigating Risks and Rewards in Online Relationships	7th			

TTT Modeled Presentation

The Power of One Voice: Bystander Strategies That Protect and Empower

TRAINERS:

CHELSEA MCGONIGLE, MED

STEFANY ZELAYA, MPH

This session will help you:

- Identify preventative measures as a bystander in both prevention and intervention roles.
- Discuss harm reduction techniques.
- Practice refusal skills.

Preview our evidence-inspired prevention program that equips youth in 8th-12th grade with the tools to address child sexual abuse.



Session Details

- In person or virtual options
- 2-hours
- 2.O CEUs available

Who should attend:

- School personnel
- Community members
- Any professional who works with children and families

[Register for Training Here](#)



TTT Modeled Presentation

Safe Spaces: An Introduction to Child Sexual Abuse

TRAINERS:

CHELSEA MCGONIGLE, MED

STEFANY ZELAYA, MPH

This session will help you:

- Define child sexual abuse and discuss relevant laws, policies, and effects.
- Learn how to report child sexual abuse.
- Investigate resources and advocate for those who have experienced abuse.
- Preview content prior to bringing it to your school or organization.

Preview our evidence-inspired prevention program that equips youth in 6th and 9th grade with the tools to address child sexual abuse.

Session Details

- In person or virtual options
- 2-hours
- 2.O CEUs available

Who should attend:

- School personnel
- Community members
- Any professional who works with children and families

[Register for Training Here](#)



TTT Modeled Presentation

Protecting Rights, Understanding Impact: Law and Ethics

TRAINERS:

CHELSEA MCGONIGLE, MED
STEFANY ZELAYA, MPH

This session will help you:

- Respond to commonly asked questions regarding child sexual abuse and Maryland law.
- Discuss civil proceedings, criminal proceedings, and the investigative process.
- Investigate resources in the judicial system and community.

Preview our evidence-inspired prevention program that equips youth in high school with the tools to address child sexual abuse.



Session Details

- In person or virtual options
- 2-hours
- 2.0 CEUs available

Who should attend:

- School personnel
- Community members
- Any professional who works with children and families

[Register for Training Here](#)



TTT Modeled Presentation

Hope and Healing: Raising Awareness about Domestic Minor Sex Trafficking

TRAINERS:

CHELSEA MCGONIGLE

STEFANY ZELAYA

This session will help you:

- Define domestic minor sex trafficking.
- Discuss the intersection between child sexual abuse and sex trafficking.
- Identify risk and protective factors.
- Recognize the impact of technology.
- Investigate resources and advocate for those who may be involved in “the life”.

Preview our evidence-
inspired prevention
program that equips
youth in 8th grade with
the tools to address child
sexual abuse.



Session Details

- In person or virtual options
- 2-hours
- 2.0 CEUs available

Who should attend:

- School personnel
- Community members
- Any professional who works with children and families

[Register for Training Here](#)



TTT Modeled Presentation

Behind the Screen: A Lesson in Digital Awareness and Safety

TRAINERS:

CHELSEA MCGONIGLE, MED
STEFANY ZELAYA, MPH

This session will help you:

- Define child sexual abuse material and discuss relevant risks, rewards, and effective responses.
- Review data on perceptions of normalcy.
- Identify best practices for online safety settings on devices, accounts, apps, and 3rd party services.

Preview our evidence-inspired prevention program that equips youth in high school with the tools to address child sexual abuse.



Session Details

- In person or virtual options
- 2-hours
- 2.0 CEUs available

Who should attend:

- School personnel
- Community members
- Any professional who works with children and families

[Register for Training Here](#)



TTT Modeled Presentation

Trust or Trap? Navigating Risks and Rewards in Online Relationships

TRAINERS:

CHELSEA MCGONIGLE, MED
STEFANY ZELAYA, MPH

This session will help you:

- Define child sexual abuse material and discuss relevant risks, rewards, and effective responses.
- Review data on perceptions of normalcy.
- Identify best practices for online safety settings on devices, accounts, apps, and 3rd party services.

Preview our evidence-inspired prevention program that equips youth in 7th grade with the tools to address child sexual abuse.



Session Details

- In person or virtual options
- 2-hours
- 2.0 CEUs available

Who should attend:

- School personnel
- Community members
- Any professional who works with children and families

[Register for Training Here](#)



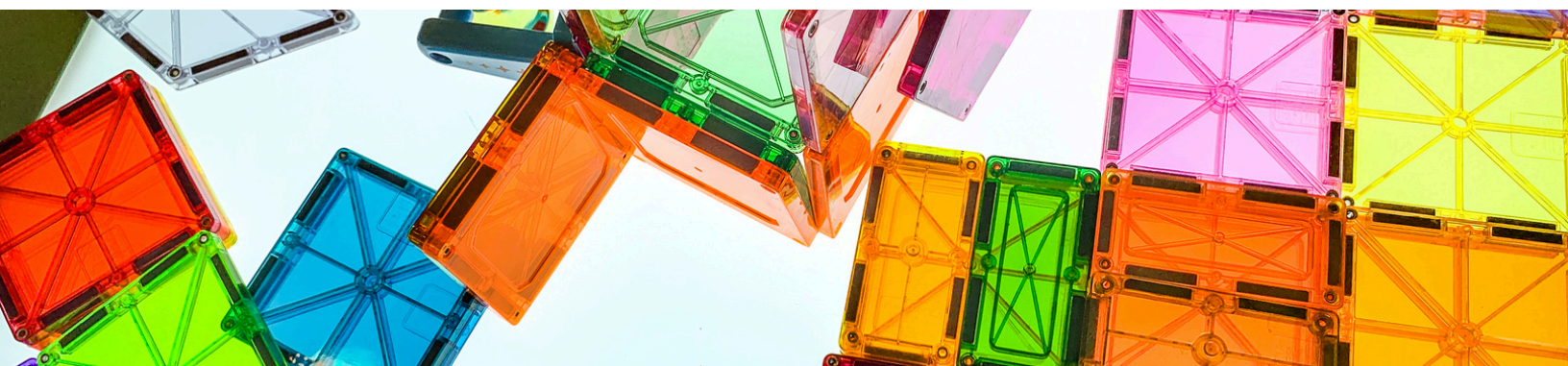


Thinking about a Customized Training?

We love collaborating with community organizations to customize trainings so that you can meet specific needs and goals! We begin this process with **introductory discussions** to understand the your mission, goals, unique strengths and priorities. We ask questions about the characteristics and learning preferences of your intended audience, and agree on training logistics, including schedule, location, and budget.

Once the initial discussions are complete, our team creates **tailored training materials** that incorporate your input, preferences, and any specific requirements or preferences. You are invited to provide feedback before finalization to ensure the materials feel impactful and applicable.

Finally, our experienced trainers **deliver the material!** We use interactive and practical approaches, provide comprehensive handouts and resources to support the learning process. If your organization would like **ongoing support** as you implement the learned concepts, we offer additional support and resources to help you realize long-term benefits and positive outcomes for your community.



Looking to Build Your Internal Capacity?

If your organization is looking to [move beyond a one-time training](#), our Technical Assistance Program, Conversation Pathways, offers opportunities to build the internal knowledge, skills, and confidence needed to sustain this work over time.

Our [Capacity-Building Pathway](#) is designed for organizations that want to prepare internal trainers or develop customized learning experiences tailored to their staff, community, or stakeholders. Whether you're interested in licensing our introductory Foundations of Child Sexual Abuse (CSA 101) training through a structured train-the-trainer program or partnering with us to co-develop a customized curriculum, we provide the guidance, coaching, and implementation support needed to help your organization deliver high-quality, sustainable learning experiences.

Capacity building is one component of Conversation Pathways, which also includes prevention and response consultation, implementation support, organizational assessments, and ongoing partnerships. To learn more about our capacity-building options or explore our full range of technical assistance services, visit our [Technical Assistance page](#) or contact us to start a conversation.

Change the Conversation

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