

Title	Description	Pre-requisite	Time
<b>Trauma and Resilience</b>			
<b>Children of Trauma and Resilience</b>	Children of Trauma and Resilience introduces participants to a trauma informed and resilience focused mindset and teaches participants about toxic stress and trauma. Participants gain strategies to help process toxic stress and trauma, and nurture characteristics of resilience.	No	Full Day (condensed version available)
<b>Healing Trauma and Restoring Resilience in Schools</b>	This course takes participants deeper into the brain science of trauma and toxic stress. The polyvagal theory, epigenetics, and the science of resilience is explored. The content emphasizes the importance of hope when working with at risk students. Participants learn about the SITCAP model (Structured Sensory Interventions for Traumatized Children, Adolescents, and Parents) and practice sensory based interventions from a variety of SITCAP model programs including Healing the Experience of Trauma: A Path to Resilience specific for schools. Experiential activities showcase how to process trauma, nurture, and restore resilience in students of all ages.	Yes: Trauma Informed Resilient Schools <b>AND</b> Resetting for Resilience	Full Day (condensed version available)
<b>Identifying &amp; Supporting Resilience</b>	Resilience is important because it is the human capacity to face, overcome and be strengthened by or even transformed by the adversities of life.	No	Full Day (condensed version available)
<b>Resetting for Resilience</b>	This course builds upon Trauma Informed Resilient Schools. There is a strong focus on understanding the link between private logic, the Circle of Courage, universal needs and academic achievement and behavior. Participants will learn how to integrate positive behavior intervention supports, rewards, and consequences into their classroom management systems. Participants will learn how to assess students and create behavior support plans for students. Trauma informed, resilience focused student and classroom scenarios will be presented and discussed in small groups. Tier 2 and Tier 3 interventions are discussed. Strategies to collaborate with families and communities and to support staff will be presented. Examples of how to collect and utilize outcome data will be shared. ***NOTE: This course covers the last 4 of the 10 Steps to Create a Trauma Informed School and covers Tier 2 and Tier 3 supports such as resets that occur outside of the classroom. The course also provides an in-depth overview of how to assess and develop behavior support plans for students using the Circle of Courage model. If you have taken the Trauma Informed Schools Training prior to September 2018, there will be some overlapping content.	Yes: Trauma Informed Resilient Schools	Full Day (condensed version available)
<b>Trauma Informed Resilient Centers</b>	Trauma Informed Resilient Centers teaches headstart professionals how to create trauma informed centers and classrooms. The training focuses on resilience, exploring the core values and beliefs of educators and places an emphasis on understanding how trauma impacts children and their school experience. In this introductory level workshop, we will also explore ACES and the impact of adverse childhood experiences on a child's ability to learn, grow and develop.	No	Full Day (condensed version available)
<b>Trauma Informed Resilient Schools</b>	Trauma Informed Resilient Schools teaches school professionals how to create trauma informed schools and classrooms. The training focuses on resilience, exploring the core values and beliefs of educators and places an emphasis on understanding how trauma impacts children and their school experience. Lastly, proactive strategies such as fostering connections, prioritizing social and emotional skills, establishing safety, and promoting play are presented. This course provides detailed information and concrete actions that answer not just the "why" but also the "how" to create the best classroom and school supports for traumatized students and the school professionals who serve them. ***NOTE: This course covers the first 6 of 10 steps from the 10 Steps to Create a Trauma Informed School Book and Training.	No	Full Day (condensed version available)

Title	Description	Pre-requisite	Time
<b>Behavior Management</b>			
<b>Challenging Behaviors in the Classroom</b>	Highly effective techniques for managing behavior in the classroom.	No	60/90 min
<b>Discipline is Not a Four Letter Word</b>	Behavior modification and classroom management practices.	No	60/90 min
<b>Having the Difficult Conversation</b>	Helping teachers and staff feel comfortable and empowered when addressing parents with behavioral, cognitive and/or mental disorders.	No	60/90 min
<b>Positive Behavioral Support for Students with ADHD</b>	Ways of modifying disruptive behavior patterns through creative and positive processes.	No	60/90 min
<b>Parenting</b>			
<b>Beyond Discipline: Maximizing Your Child's Potential</b>	Setting parenting goals to more than just basic behavior management and work to maximize your child's potential and success.	No	60/90 min
<b>Food Fights</b>	Strategies for picky eaters and problem feeders	No	60/90 min
<b>Good Touch and Bad Touch</b>	Teaching our children about interaction with others.	No	60/90 min
<b>Healing our Children/Ourselves</b>	Parent and teacher skills for aiding the emotional healing that must follow traumatic events.	No	60/90 min
<b>Parenting Difficult Children</b>	Techniques for parenting children with behavioral challenges.	No	60/90 min
<b>Positive Discipline: Practical Strategies for Peaceful Parenting</b>	Using positive discipline strategies to transform problem behaviors into teachable moments.	No	60/90 min
<b>Post-Partum Depression: Signs and Signals</b>	How to recognize the signs and signals of post-partum depression in yourself and others.	No	60/90 min
<b>Post-Partum Depression: What New Parents Need to Know</b>	Working together as a family to recognize and respond to post-partum depression.	No	60/90 min
<b>Preparing Your Child for a New Baby</b>	How to prepare your child for the arrival of a new sibling in your home.	No	60/90 min
<b>Separation Anxiety in Young Children</b>	How to identify and respond to behaviors associated with separation anxiety.	No	60/90 min
<b>Sensory</b>			
<b>How Sensory Processing Affects Behavior and Learning</b>	Identifying behaviors and effective responses to sensory processing issues in infants and children.	No	60/90 min
<b>Introduction to Sensory Processing in the School Setting</b>	Identifying and working with children with sensory processing issues in the classroom and school setting.	No	60/90 min
<b>Sensory Integration Dysfunction in Early Childhood</b>	Sometimes children demonstrate challenging behaviors that feel impossible to tackle or that may seem odd or strange. Sensory integration dysfunction may be the cause for these types of behaviors as the child is having difficulty processing what is happening to them and around them in their environment. In this session, we will learn about sensory integration, different signs and symptoms including sensitivities, aversions, and behaviors, as well as the appropriate steps to take for getting the right support.	No	60/90 min
<b>Structured Sensory Interventions II</b>	This course takes participants deeper into the brain science of trauma and toxic stress. The polyvagal theory, epigenetics, and the science of resilience is explored. The content emphasizes the importance of hope when working with at risk and traumatized youth. Participants learn about the SITCAP model (Structured Sensory Interventions for Traumatized Children, Adolescents and Parents) and practice sensory based interventions from a variety of SITCAP model programs including Healing the Experience of Trauma: A Path to Resilience. Experiential activities and the presentation of case examples showcase how to process trauma, nurture, and restore resilience in youth of all ages.	Yes: Children of Trauma & Resilience <b>OR</b> Children of Trauma	Full Day (condensed version available)
<b>Other</b>			
<b>Identifying Children For Disability and Mental Health Services</b>	The role of the Mental Health Consultant in early childhood programs.	No	60/90 min
<b>IEP 101</b>	Understanding the IEP process and the important roles of parents and professionals throughout the process.	No	60/90 min
<b>Red Flags &amp; Green Lights</b>	Identifying speech and language delays in the classroom.	No	60/90 min