

Title	Description	Pre-requisite	Time
Trauma and Resilience			
Children of Trauma and Resilience	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)
Healing Trauma and Restoring Resilience in Schools	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 AND Resetting for Resilience	Full Day (condensed version available)
Identifying & Supporting Resilience	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)
Resetting for Resilience	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)
Trauma Informed Resilient Centers	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)
Trauma Informed Resilient Schools	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
Behavior Management			
Challenging Behaviors in the Classroom	Highly effective techniques for managing behavior in the classroom.	No	60/90 min
Discipline is Not a Four Letter Word	Behavior modification and classroom management practices.	No	60/90 min
Having the Difficult Conversation	Helping teachers and staff feel comfortable and empowered when addressing parents with behavioral, cognitive and/or mental disorders.	No	60/90 min
Positive Behavioral Support for Students with ADHD	Ways of modifying disruptive behavior patterns through creative and positive processes.	No	60/90 min
Parenting			
Beyond Discipline: Maximizing Your Child's Potential	Setting parenting goals to more than just basic behavior management and work to maximize your child's potential and success.	No	60/90 min
Food Fights	Strategies for picky eaters and problem feeders	No	60/90 min
Good Touch and Bad Touch	Teaching our children about interaction with others.	No	60/90 min
Healing our Children/Ourselves	Parent and teacher skills for aiding the emotional healing that must follow traumatic events.	No	60/90 min
Parenting Difficult Children	Techniques for parenting children with behavioral challenges.	No	60/90 min
Positive Discipline: Practical Strategies for Peaceful Parenting	Using positive discipline strategies to transform problem behaviors into teachable moments.	No	60/90 min
Post-Partum Depression: Signs and Signals	How to recognize the signs and signals of post-partum depression in yourself and others.	No	60/90 min
Post-Partum Depression: What New Parents Need to Know	Working together as a family to recognize and respond to post-partum depression.	No	60/90 min
Preparing Your Child for a New Baby	How to prepare your child for the arrival of a new sibling in your home.	No	60/90 min
Separation Anxiety in Young Children	How to identify and respond to behaviors associated with separation anxiety.	No	60/90 min
Sensory			
How Sensory Processing Affects Behavior and Learning	Identifying behaviors and effective responses to sensory processing issues in infants and children.	No	60/90 min
Introduction to Sensory Processing in the School Setting	Identifying and working with children with sensory processing issues in the classroom and school setting.	No	60/90 min
Sensory Integration Dysfunction in Early Childhood	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
Structured Sensory Interventions II	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 OR Children of Trauma	Full Day (condensed version available)
Other			
Identifying Children For Disability and Mental Health Services	The role of the Mental Health Consultant in early childhood programs.	No	60/90 min
IEP 101	Understanding the IEP process and the important roles of parents and professionals throughout the process.	No	60/90 min
Red Flags & Green Lights	Identifying speech and language delays in the classroom.	No	60/90 min