

TRAUMA INFORMED PRACTICES

Building Resilience to Promote Healing

Core Trainings

Core modules are foundational in learning the neurobiology of trauma and the impact on children, families and systems. The core modules help to understand the key strategies that promote healing and build resilience. The most popular series to begin with are Modules 100, 200 and 300.

Module 100

An Overview of Trauma creates an essential foundation for participants by exploring the neurobiology of traumatic stress and identifying concrete relationship-based strategies to promote healing and build resilience in children.

Module 200

Application and Practice of Trauma Informed Strategies

Part 1 Strengthens trauma informed skills by putting into practice the strategies learned in Module 100. This module is interactive, engaging while highlighting the implementation of trauma informed practices and resilience building strategies to support children.

Part 2 After attending Module 100 and Module 200-Part 1, participants dive deeper looking at trauma and dysregulated behavior through the lens of an individual child. Participants will use observation skills, trauma knowledge and brain science to create individual support plans for a child that builds resilience, promotes safety and for optimal regulation.

Module 300

Self-Care for Educators is essential to prevent burnout, compassion fatigue and increase “self” awareness through reflective and interactive activities. This module will take participants on a journey to the center of “YOU” in a thoughtful training designed to promote self-awareness, self-care and self-regulation practices that last a lifetime.

Module 400

Part 1 Family Engagement using a Trauma Informed Lens – For Providers and Educators (*Note: We can create this module stand alone or with the pre-requisite to attend Module 100*) Apply trauma informed and resilience building strategies from Module 100, providers and educators will learn healing and engaging strategies for implementation with families. Topics include understanding the impact of toxic stress and trauma for families, protective factors, inclusion, building relationships, managing difficult conversations and strategies for engaging and building resilience.

Part 2 Family Engagement using a Trauma Informed Lens – Designed for Families to explore the neurobiology of toxic stress, trauma and parenting strategies that promote resilience.

Module 500

Leadership and Reflective Supervision Supporting leaders in implementing trauma engaged, supportive and reflective inquiry practices that build resilience, prevent burnout and promote and strengthen self-awareness. Cultivating reflective capacity will increase the supervisees capacity to implement trauma engaging, resilience building and healing strategies for children and families.

Module 600

Trauma-Informed Practices for Creating and Sustaining Organizations that are Healing, Engaged and Resilient Systems of Care Teams from one agency / system attend together and are lead through a self-assessment of their organization which will help them create a strategic plan by identifying current practices and next steps for building a trauma-healing, engaged and responsive systems of care.

***All trainings can be modified to meet the needs of your program**



Julie Kurtz is an author, national speaker and expert consulting and training on trauma and social-emotional skills. She promotes the concept of optimal brain integration to maximize the human growth potential. Julie is Founder and CEO of the Center for Optimal Brain Integration



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