

Tristate Trauma Network
Trauma Responsive Care Certification Program
Theory to Practice Modules

Trainer: Mary Vicario, LPCC –S, Certified Trauma Specialist
Finding Hope Consulting, LLC

**Facilitating Healing, Resiliency, and Hope Part I:
Hardwired for Connection (6.0 hours)**

Trauma is now recognized as a nearly universal experience of individuals with behavioral health problems often resulting in a complex array of social, emotional, and behavioral challenges. Through understanding of the latest trauma research and careful translation into practice, we can help trauma survivors experience healing, resiliency and hope. This **lively** and **interactive** training brings to life the neuroscience of trauma and the healing power of relationships. This training also provides self-care for caregivers and service providers, so they have what they need to assist with the important journey of healing.

**Facilitating Healing, Resiliency, and Hope Part II:
The Healing Power of Connection (6.0 hrs.)**

Neuroscience is demonstrating that some of the most challenging behaviors connected with treating trauma are actually biologically based fear responses more related to fear based dysregulation than intractable behavior. As Maureen Walker reminds, “Strategies for disconnection are an intense yearning for connection in an atmosphere of fear.” We will examine how adverse childhood experiences (ACEs) create repeated fear responses and disrupt the “felt safety” (neuroception) needed for the attachment and regulation centers of the brain to work properly. Setting power struggles aside, we will explore how the brain heals itself and identify everyday, brain-based interventions to help individuals of all ages and ability levels work with their caregivers to replace challenging behaviors with safe, healing connection.

***Facilitating Healing, Resiliency, and Hope Parts I & II must be completed before the remaining modules**

Where it all Begins: Trauma Informed Assessment (3.0 hours)

This training will assist clinicians in understanding the essential elements of a comprehensive trauma assessment such as identifying Adverse Childhood Experiences (ACE) and Adverse Life Experiences (ALE) and the role they play in mental and emotional disorders. The need to balance trauma with resilience will be demonstrated, as they learn how to assess for resilience in their clients and how to build that resilience to help their clients overcome their ACEs and ALEs. The importance of placing behavior into context culturally and environmentally will be highlighted and taught through the use of trauma informed biographical timelines. To assist in diagnosis, participants will be introduced to the relevant diagnostic changes in the DSM-5 trauma related diagnoses and how to use them accurately.

**The Top Five Resilience Factors and You:
Building Resiliency in Those We Serve and Ourselves (3.0 hrs.)**

Learn the top five resilience factors found in those who have experienced trauma and moved beyond it. Explore your role in helping those you serve develop resiliency, and how to use the same skills to support yourself in this important and difficult work. We will look at what you already are doing and identify which resilience factors your work is creating. We will make a resiliency plan for someone you serve and offer you the opportunity to make one for yourself.

**Lying, Manipulating and Stealing, Oh My!
Looking for Dopamine in all the Wrong Places:
Interventions for Biologically Based Fear Responses (3.0 hrs.)**

Neuroscience is demonstrating that some of the most challenging behaviors connected with treating trauma are actually biologically based fear responses more related to fear based dysregulation than intractable behavior. As Maureen Walker reminds, “Strategies for disconnection are an intense yearning for connection in an atmosphere of fear.” We will examine how adverse life experiences (ALEs) create repeated fear responses and disrupt the “felt safety” (neuroception) needed for the attachment and regulation centers of the brain to work properly. Setting power struggles aside, we will explore how the brain heals itself and identify everyday, brain-based interventions to help individuals of all ages and ability levels work with their caregivers to replace challenging behaviors with safe, healing connection.

**Bringing Hope Home:
The Three R's of Successful Trauma Resolution (3.0 hrs.)**

Whether you are on Sigmund Freud's couch or engaging in the latest efficacy-based interventions, there are three stages to successful trauma resolution; re-experiencing, releasing and reorganizing. We will explore your current treatment methods and how they can be used to promote movement through the 3 Rs of trauma resolution. Interventions to assist in safe movement through the stages and those to dismantle trauma triggers, improve connection and heal damaged areas of the brain will be presented. Ways to introduce this healing work, support the client as they work the interventions and prepare the client and their caregiver for how to handle what may follow after session will also be presented. Service plan goals and objectives will also be presented to assist in bringing this treatment to your current work.

**Trauma Informed Supervision and Administration:
Promoting Client Care and Self Care in a Trauma Informed Workplace (3.0 hrs.)**

Treating trauma can be toxic to providers and agencies alike. Secondary trauma is real and impacts treatment, supervision and administration. This training will explore how to promote healing and hope in those we serve from clients to staff. Learn how to help clinicians walk with clients through the stages of successful trauma resolution while recognizing and addressing vicarious trauma. Explore how secondary trauma impacts everyone in an agency and what can be done about it. We will look at what research

tells us, what our work experiences have shown us and develop a plan to assist you, your staff and those you serve in negotiating this work that is as challenging as it is needed.

Putting it All Together:

Relational and Sensory Based Interventions for Trauma Responsive Care (3.0 hrs.)

Trauma does not discriminate. It affects Individuals of all ages and developmental levels. As we bring our Theory to Practice Advanced Learning Community Trainings to a close, we will bring together our trauma-focused interventions for all ages and developmental levels, at all levels of healing, in a variety of environments, even those with few adult supports. We will translate cognitive-behavioral interventions into sensory-based activities to promote Mindfulness, Emotional Regulation, Frustration Tolerance and Interpersonal Skills. Each intervention will be broken down for differing age groups and developmental levels. Bring your most and least favorite techniques, so we can explore and refine them to add to the repertoire we will develop for each participant to take with them.

Total number of hours of training: 30.0

Required Consultation Hours: 12.0. During the completion of the Theory to Practice Modules, clinicians must complete 12.0 hours of consultation with Finding Hope Consulting clinical staff.

Upon completion of training hours and consultation hours, practitioners will complete a competency test and application for certification. In order to be certified, professionals must also become individual members of the Tristate Trauma Network.