



TRAINING OF TRAINER, TRAUMA-RESPONSIVE INSTITUTE FOR AUTHORIZATION (TOT-TRIA) TIME COMMITMENT

Apprentice Activity	Time
Module 100 Trauma-Responsive and Resilience Building Practices for Educators - Relationship-Based Approaches that Support Healing and Build Resilience This 6-8 hour module provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and the science of resilience, hope, healing and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide educators working with children to understand trauma and resilience as well as its impact on children's brains, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building practices participants can use in education programs to create strength-based environments that support children's health, healing, and resilience. The strategies learned are best practices and good for ALL children and especially for those impacted by toxic and traumatic stress.	Module 100 - Apprentices observe mentor trainer conduct Module 100 on TEACHABLE self-paced asynchronous platform - Apprentices present at the end of cohort Module 100 TOTAL: 16 HOURS
Training of Trainer Meetings (ToT Meetings) - Eight 3-hour ToT meetings. - To review and learn training content, concepts and creating trauma-responsive training and learning environments. - To prepare and practice training content from the module. - To practice training using adult learning styles and trauma sensitive training strategies while demonstrating an understanding of the content and concepts. - Receive video and paper training "guides" to follow during the training to maximize learning of content. - Deepen understanding of the conceptual underpinnings (the why) behind the content.	TOTAL: 24 HOURS
Outside Reading and Reflection Forms Best practices would suggest that training on the curriculum without a deeper understanding of trauma would prevent a trainer from being able to appropriately field questions and help participants with understanding a greater context than what is presented in the curriculum. Reading and reflection forms on assigned reading will be given.	Reading Reflection Forms ESTIMATED TOTAL: 12 HOURS

Required Reading for Early Childhood Cohorts: Nicholson, Perez and Kurtz: Trauma Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children EDITION 2 (Amazon/Kindle). Required Reading for K-12 Cohorts: Reducing Stress in Schools: Restoring Connection and Community by Mathew Portell, Tyisha Noise, Ingrid Cockhren, Julie Kurtz, Julie Nicholson (Amazon or Harvard Education Press).	
Outside Preparation and Planning Meetings You will need to take time on your own to study the video trainer guide, paper trainer guide prior to each meeting to study and prepare for slide presentations during the ToT meeting. Also, there may be about 10-15 hours of planning time/meetings schedule for the final Module 100 presentation.	ESTIMATED TOTAL: 20 HOURS
Video Preparation and Recording Each apprentice will record in advance of each meeting a segment of the slides. Recordings must be done on zoom and uploaded to a google drive. This practice of slide assignments on zoom outside of meetings will prepare apprentices to train on the content. Segments of the recordings may be shown in each meeting.	ESTIMATED TOTAL: 16 HOURS
Technical Support Each apprentice will have 1:1 phone time for TA support with the mentor trainer to be able to review their assigned slides for the final presentation and to debrief after. This amounts to 1 hour per person (30 minutes before presenting on Module 100 at the end of the cohort and 30 minutes to debrief after the final presentation of Module 100)	ESTIMATED TOTAL: 2 HOUR

Authorization is NOT guaranteed.

This apprenticeship includes content that may be emotionally triggering. Please ensure you have done previous work on your own trauma or have outside support during this apprenticeship.

Missing required course content, assignments and meetings may adversely impact authorization. Apprentices are only permitted to miss 4 hours of ToT meetings total.

Total Estimated Time Commitment: *Estimated time is approximately 90 hours*

Questions: Julie Kurtz at optimalbrainintegration@gmail.com