

VIRTUAL and ON-SITE TRAINING



At the **Center for Optimal Brain Integration® (COBI)**, we specialize in both onsite, in-person professional development, and online training sessions. Online training may be designed to meet the unique needs of your organization, no matter the size. We offer services that deliver training through multiple pathways and will partner in developing a unique and individualized plan for you and/or your system of care.

Ask about our modules conducted in English, Spanish and Chinese

Core Training Module

Content: Participants learn about the foundational concepts and strategies for understanding trauma and resilience.

Pre-requisite: None

Length: Each core training is approximately 6-8 hours in length. Content may be delivered in a sequence of shorter sessions.

- 100: Overview: Trauma-Responsive and Resilience Building Practices for Educators
- 100: Overview: Trauma-Responsive and Resilience Building Practices for Parents and Families
- 100: Overview: Trauma-Responsive and Resilience Building Practices for Leaders and Supervisors
- 100: Overview: Trauma-Responsive and Resilience Building for Clinicians, Therapists and Social Workers
- 100: Overview: Trauma-Responsive and Resilience Building for Children with Disabilities & Special Needs

Going Deeper Training Modules

Content: Participants are guided through a range of interactive activities to practice implementation of the concepts and strategies learned in one or more of the Core Trainings.

Prerequisite: Must have attended a Core Training Module.

Length: Hours may be adapted based on program need but are typically 6 hours in length. Content may be delivered in a sequence of shorter sessions.

- 200: Application & Practice of Trauma-Responsive and Resilience-Building Learned in Module 100
- 201: Looking at Trauma-Responsive and Resilience Building through the Lens of an Individual Child and Developing Trauma-Responsive and Individualized Support Plans for Children
- 300: Self-Awareness and Self-Care Strategies for Adults to Promote Self-Care
- 301: Culturally Responsive Self-Care Practices
- 400: Trauma-Responsive Family Engagement in Early Childhood: Practices for Equity and Resilience
- 500: Trauma-Responsive Reflective Leadership and Supervision
- 600: Trauma-Responsive Practices for Leaders: Creating and Sustaining Healing Engaged Organizations
- 700: Supporting Young Children to Cope, Build Resilience and Heal from Trauma through Play: A Practical Guide for Early Childhood Educators

** The most popular training series to begin are Module 100, 200, 300*

Spotlight Training Modules for Adults Working With Children

Content: Participants focus on one key concept or strategy included in a Core training. The following are several examples of possible Spotlight Topics. We can create a Spotlight training based on your program's specific needs.

Pre-Requisite: None **Length:** 1-2 hours

- 4 Steps to Grow Human(E) Beings
- Attachment and Strategies that Heal
- Be Your Own Emergency First Responder in Times of Stress
- Being a Brain Architect vs Behavior Manager for Children
- Books and Activities that Address Social and Emotional Awareness, Skills and Intelligence for Teens
- Books and Activities that Promote Social and Emotional Awareness for Elementary Age Youth
- Books and Activities that Promote Social and Emotional Awareness for Early Childhood
- Bridging ACES Aware to Educators (Bridging the CA Surgeon General ACES Aware Initiative to Educators)
- Building a Healthy Internal Dialogue for Adults and/or Children
- Building a Self-Regulation Toolkit
- Burnout and Compassion Fatigue
- Coaching Strategies to Support Trauma Responsive Care
- Culturally Responsive Self-Care Practices
- Cultivating the "Me and the We" on the Journey of Healing and Building Resilience
- Create Safe Spaces, Places and/or Bins for Children to Promote Regulation
- Create Trauma Responsive Policies and Procedures
- Creating Grounding and Safety for Adults and/or Children

Spotlight Training Modules for Adults Working With Children *(continued)*

- Developing Curriculum to Teach Children about their Brain
- Difference Between a Trauma Trigger and a Challenging Behavior
- Promoting Emotion Literacy
- Environment Triggers that Affect Arousal States
- Environments that Support Regulation
- Examining Transitions to Promote Safety and Prevent Challenging Behavior
- Family Engagement Strategies for Educators
- Growing Human(E) Beings: A Job of Superheroes!
- Healing the Brain from the Bottom Up
- Health and Wellness Toolkit for Adults
- Helping Children in Times of Stress, Transition, Loss or Change
- Leading Organizations through a Trauma Responsive Lens
- Learning how to Keep Children in the "Window of Tolerance"
- Learning About the Different Parts of the Brain and How it Impacts Behavior
- Meaning Behind Challenging Behavior
- Mindfulness Strategies to Use with Children
- Neurobiology of a Trauma Trigger
- Neuroplasticity and the Power to Rewire the Brain
- Neurobiology of Stress on the Brain and Behavior
- Objects and Activities that Calm the Sensory System
- Out of Synch Child: Sensory Integration Strategies
- Play to Learn and Learn to Play (Ages 0-3)
- Play and Trauma: Supporting Children Through Play to Heal
- Play: Somatosensory Strategies to Promote Regulation in the Classroom
- Preventing Challenging Behavior
- Predictable Routines that Create Safety and Predictability
- Resilience and Factors that Buffer Stress
- Resilient Strong! A curriculum that builds resilience for Elementary, Middle and High School Students
- Promoting Sensory and Emotional Literacy
- Strategies that Calm the Activated Stress Response System
- Strategies to Support Children's Emotional Regulation
- Strategies for Building Resilience: Engaging Executive Functioning Skills and Problem-Solving Steps
- Strategies for Building Resilience: Children with Sensory Processing Challenges
- Story Books that Promote Social-Emotional Skills
- Strategies for Building Resilience: Strengthening Self-Regulation and Managing Big Emotions
- Strategies for Building Resilience: Teaching Sensory and Emotional Literacy
- Strategies for Breathing with Children
- Supporting Children Who Have Experienced Toxic or Traumatic Stress
- Stress and the Body
- Teaching Children about their Brain and their Behavior
- Temperament (Adult): Cultivating Self-Awareness
- Temperament (Child): Cultivating Self-Awareness
- The Impact of Toxic Stress on the Brain, Body and Behavior
- The Importance of Play
- The Power of Mirror Neurons
- Top T.I.P.S to Support Children in Times of Uncertainty and Stress
- Top 5 Trauma-Responsive Strategies for Educators
- Using Storybooks to Support Children who Have Gone through Stressful or Traumatic Experiences
- Using Present Moment Attunement and Co-Regulation to Support Children
- Using the Trigger Stop APP to Promote Sensory and Emotional Literacy
- Visual Schedules that Promote Regulation
- Giving Every Child a Voice!
- Strategies to use When a Child is in their Reptile (Survival/Hindbrain), Mammal (Emotion/Limbic Brain) and/or Executive (Thinking/Cortex Brain)

Spotlight Training Modules for Leaders

- 3 Rs of Reflective Supervision
- Building Effective Trauma-Responsive Partnerships with Parents and Families
- Creating Environments that Reinforce Messages of Safety and Predictability
- Cultivating Self-Awareness/Body Awareness as a Foundation for Effective Leadership In Trauma-Responsive Environments
- Creating Trauma-Responsive Environments: Reinforce Messages of Safety and Predictability
- Creating Trauma-Responsive Environments: Decreasing the Power Differential During Interactions
- Effectively Responding to Stressful and Triggering Events
- Embedding Mindfulness into Leadership and Supervision
- Intentionally Integrating Organizational Care Strategies
- Intentionally Promoting Coping, Resilience and Healing: Strategies to Support Self and Organization Care Routines
- State Dependent Functioning and Pathways to Regulation
- Strength-Based Leadership
- Supporting Agency, Voice and Choice in Our Work with Children, Families and the Workforce
- Strength-Based, Trauma-Responsive Communication
- Trauma-Responsive Supervision
- Top 5 Trauma-Responsive Strategies for Supervisors/Leaders
- Trauma Responsive and Healing Engaged Leaders, Systems and Organizations
- Understand the 4 Pathways to Regulation to Cultivate Safe and Predictable Environments
- Understanding the Triggering Event Cycle in Order to Effectively Navigate Triggering Events

Spotlight Training Modules for Adult Well-Being

- Adult Triggers and Emotional Buttons
- Breathing for Life: Learning Breathing Techniques for Adult Well-Being
- Building Sensory and Body Awareness that Lead to Adult Self-Regulation
- Cultivating Self-Awareness and Self-Care to Prevent Burnout
- Culturally Responsive Self-Care
- Mindfulness for Adults
- Moving Organizations from Trauma Inducing to Trauma Responsive and Resilience Building
- Pathways to Regulation
- S.T.O.P. Tool
- The Science of Building a New Habit
- Zones of Self-Awareness Tool and Creating Grounders to Buffer Stress

Spotlight Training Modules for Parents/Caregivers

- 5-Part Social Emotional Learning Series
 - Nurturing and Responsive Relationships
 - Designing Predictable Environments
 - Promoting Sensory and Emotional Literacy
 - Managing Big Emotions and
 - Problem-Solving Skills
- Parenting and Strategies to Support Social-Emotional Development
- Positive Parenting Strategies: The Meaning Behind Challenging Behavior: What is this a Case of?

Spotlight Training Modules for Teachers: A 4-Part Wellness Series

- Strengthening Self-Awareness and Self-Care to Prevent Burnout
- Health and Wellness Toolkit
- State Dependent Functioning and Pathways to Regulation
- Using the Breath to Regulate
- Strategies that Support Resilience for ALL Students

Spotlight Series: Resilient Strong! Curriculum for Elementary, Middle and High School Students

- 25 7-15 minute segments designed to support youth in building resilience, buffering stress and building copings skills to face adversity.
- Resilient Strong Curriculum
- *Each video is approximately 10-15 minutes facilitated by a team of diverse trainers*
- *Each video can be used with students and/or for teachers to watch to learn to implement and use with students*

- *A one page learning guide/handout will be included describing the video segments*
- *The goal is to build self-awareness and to cultivate a coping skills toolkit*
 1. Learning about the Brain Part 1
 2. Learning about the Brain Part 2
 3. Learning about the Brain Part 3 (Brain Bracelets given out)
 4. Cultivating Self-Awareness through the Zone of Self-Awareness Part 1
 5. Cultivating Self-Awareness through the Zone of Self-Awareness Part 2
 6. Cultivating Self-Awareness through the Zone of Self-Awareness Part 3
 7. Becoming an Emergency First Responder for Me
 8. Cultivating Pathways to Regulation Part 1 Relationships
 9. Cultivating Pathways to Regulation Part 2 Top of the Brain
 10. Cultivating Pathways to Regulation Part 3 Bottom of the Brain
 11. Cultivating Pathways to Regulation Part 4 Intentional Disconnection
 12. Cultivating Sensory and Emotional Literacy
 13. Learning about the Breath as a Form of Regulation Part 1
 14. Learning about the Breath as a Form of Regulation Part 5
 15. S.T.O.P. Tool – Cultivating a Pause to Increase Self-Awareness
 16. Health and Wellness Toolkit – Part 1 (3 Items)
 17. Health and Wellness Toolkit – Part 2 (3 Items)
 18. Health and Wellness Toolkit – Part 3 (4 Items)
 19. Developing a Mantra to Combat the Worry Brain
 20. Distorted Thinking that Can Lead to a No Good Horrible Day Part 1
 21. Distorted Thinking that Can Lead to a No Good Horrible Day Part 2
 22. Distorted Thinking that Can Lead to a No Good Horrible Day Part 3
 23. Using My Imagination to Ground Me (Safe Person, Place, Object, Activity)
 24. 8 Environment Strategies that Can Calm My Activated Stress Part 1
 25. 8 Environment Strategies that Can Calm My Activated Stress Part 2



Contact us for more information at optimalbrainintegration@gmail.com
Visit our website at www.optimalbrainintegration.com