



TRAINING OF TRAINER TRAUMA RESPONSIVE INSTITUTE FOR AUTHORIZATION TIME COMMITMENT

Apprentice Activity	Phase 1	Phase 2
<p>Module 100 Trauma-Responsive and Resilience Building Practices for Educators - Relationship-Based Approaches that Support Healing and Build Resilience in Children</p> <p>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.</p> <p>The strategies learned are best practices and good for ALL children.</p>	<p>Module 100</p> <ul style="list-style-type: none"> Apprentices attend and observe mentor trainer conduct Module 100 <p>TOTAL: 1 DAY</p>	<p>Module 100</p> <ul style="list-style-type: none"> Apprentices train Module 100 under the support of a mentor trainer <p>TOTAL: 1 DAY</p>
<p>Training of Trainer Meetings (ToT Meetings)</p> <ul style="list-style-type: none"> 3 hours each meeting. To review and learn training content and concepts. To prepare for modules. To practice training using adult learning styles and trauma sensitive training strategies while demonstrating an understanding of the content and concepts. 	<p>1 half day 1 half day 1 half day 1 half day</p> <p>TOTAL: 2 DAYS</p>	<p>1 half day 1 half day 1 half day 1 half day</p> <p>TOTAL: 2 DAYS</p>

<ul style="list-style-type: none"> • Receive video and paper training “guides” to follow during the training to maximize learning of content. • Plan ahead for future modules and debrief the co-training of the module training. • Practice training on the content. 		
<p>Community of Practice Meetings Attend Community of Practice (CoP Meetings)</p> <ul style="list-style-type: none"> • 2 hours each meeting • Community of Learning is a critical component deepening the understanding of key Trauma Informed Care Topics. • Reflective discussions support learning and processing new concepts learned. 	<p>2 hours 2 hours 2 hours 2 hours</p> <p>TOTAL: 1 DAY</p>	<p>2 hours 2 hours 2 hours 2 hours</p> <p>TOTAL: 1 DAY</p>
<p>Outside Reading</p> <p>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.</p> <p>Reading and reflection forms on assigned reading will be given.</p> <p>Required Reading Book: <i>*The assigned book reading for early childhood educators:</i> Nicholson, J., Perez, L., & Kurtz, J. Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children. Routledge. Edition 2. <i>*The assigned book for K-12 providers:</i> Levine. P., Trauma Through the Lens of a Child</p>	<p>4 Reading Reflection Forms (Chapters 1-4)</p> <p>Chapter 1-4 in Phase 1</p> <p>ESTIMATED TOTAL: 1 DAY</p>	<p>4 Reading Reflection Forms (Chapters 5-8)</p> <p>Chapter 5-8 in Phase 2</p> <p>ESTIMATED TOTAL: 1 DAY</p>

<p>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 will be about 10-15 hours of planning time/meetings schedule for the final Module 100 presentation.</p>	<p>ESTIMATED TOTAL: 2 DAYS</p>	<p>ESTIMATED TOTAL: 2 DAYS</p>
<p>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)</p>	<p>ESTIMATED TOTAL: 1-2 HOURS</p>	<p>ESTIMATED TOTAL: 1-2 HOURS</p>

Authorization is NOT guaranteed

This apprenticeship includes content that may be emotionally triggering.

<p>Phase 1 = estimate of 7 days</p>	<p>Phase 2 = estimate of 7 days</p>	<p>Total Estimated Time Commitment: 15 days* <i>*Estimated time may is approximately 120 hours</i></p>
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Questions: Julie Kurtz at optimalbrainintegration@gmail.com