

Training and Services

WHO WE ARE?

With over 30 years of collective experience, we care about providing services that help humans reach their highest potential. Every training or consultive support, maximizes an opportunity to develop integrated and optimal health. The Center for Optimal Brain Integration® trains, coaches and consults internationally on trauma-responsive practices and social-emotional strategies that build resilience. Our mission is:

- Growing Human(E) Beings!
- Giving Every Child and Adult a Voice!

At the Center for Optimal Brain Integration, we offer many platforms for adult learning for individuals, small programs and larger organizations on social-emotional, trauma responsive and resilience building practices.

Connect with us and together we will design service delivery that fits your individual and organizational needs.

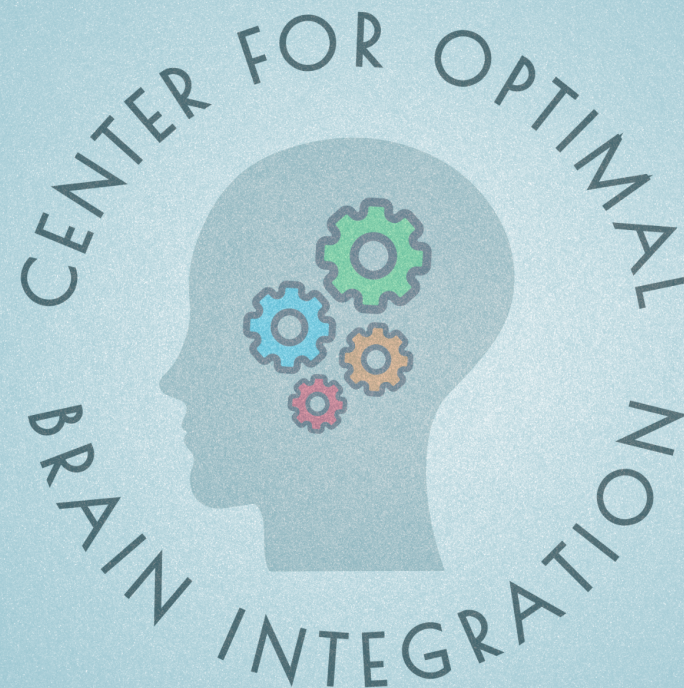
- Training Virtually or In-Person
- Asynchronous Self-Paced Training
- Coaching to Practice
- Technical Assistance
- Training of Trainer Institute for Authorization
- Communities of Practices
- Reflective/Resilience groups
- Resources to build Capacity to Provide Trauma-Responsive Services

CONTACT US:

Email: optimalbrainintegration@gmail.com

Web: www.optimalbrainintegration.com

Giving Every Child and Adult a Voice



www.optimalbrainintegration.com

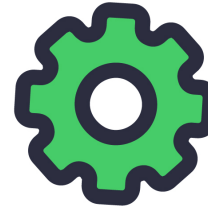
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MENU OF SERVICES

CORE MODULES



Content: Participants learn about foundational content and strategies for understanding trauma and resilience.
Pre-requisite: None.
Length: Each core training includes 6-8 hours of content which can be delivered in a sequence of shorter segments.
Languages: English, Spanish and Chinese.

GOING DEEPER MODULES



Content: Participants are guided through a range of interactive activities to practice implementing the content and strategies learned in one or more Core trainings.
Prerequisite: Must have attended a Core Module.
Length: Hours can be adapted based on program need but may be up to 6-8 hours in length.
Languages: English, Spanish and Chinese.

SPOTLIGHT MODULES



Content: Participants learn about one key concept or strategy included in one of the Core trainings.
Pre-Requisite: None.
Length: 1-2 hours.
Languages: English, Spanish and Chinese.

MAKE IT YOUR OWN

We work to individualize a training plan for your organization!

We have delivered modules in many ways; in-person, virtually or asynchronously. We want to meet your budget, your varying time constraints and your staffing needs.

Guiding Principles for Training:

"Understand the realities of trauma. Intentionally promote resilience, healing and wellness."

"Together, strengthening connections, resilience and hope."

Core Training Modules:

Participants learn about foundational content and strategies for understanding trauma and resilience.

Going Deeper Training Modules:

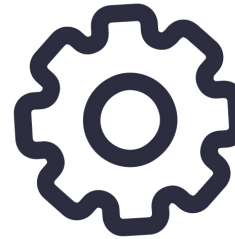
Neuroscience and reinforcement literature shows that for new skills, we learn better by doing, and through trial and error than by merely watching. Studies have shown that those who get to practice a new skill or behavior engage the habit system part of their brain and master the behavior better. Those who only watch and observe don't engage the habit part of their brain. Going deeper modules create training environments that allow participants to "practice" what they learned in the core foundational trauma-responsive training.

Spotlight Modules:

Participants learn about one key concept or strategy included in one of the Core trainings. We can also create a Spotlight based on your program's specific interests and needs.

MENU OF SERVICES

COACHING AND CONSULTATION MENU OF SERVICES

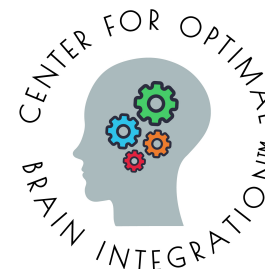


- Going Deeper Learning Circles
- Leadership Teams
- Facilitated Book Clubs
- Strategic Planning
- Office Hours
- Coaching

ASYNCHRONOUS LEARNING PLATFORM



- Learn at your own pace
- Receive a Professional Development Certificate upon completion
- Access evidence-based strategies to support children of all ages
- Spotlight Training: 1-2 Hours or Module Training: 3-8 Hours
- Adult, Early Childhood Providers, Pre K-12 Educators
- Parents/Caregivers
- Free downloadable handouts and PowerPoints provided for each module



CORE TRAINING MODULES

Core Training Modules

Content: Participants learn foundational content and strategies for understanding trauma and resilience.

Pre-requisite: None.

Length: Each core training includes 6-8 hours of content which can be delivered in a sequence of shorter segments.

Languages: Request modules in English, Spanish and Chinese.

- 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 Practices for Clinicians, Therapists and Social Service Providers
- 100: Overview of Trauma-Responsive and Resilience Building Practices for Young Children with Disabilities and Special Needs

Module 100 General Description: Trauma-Responsive and Resilience Building Practices provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and adult and introduces the science of resilience and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide participants to understand trauma as well as its impact on the brain, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building teaching practices they can use in their work to create strength-based environments that support optimal health, healing, and resilience.

THE FOUNDATION OF OUR TRAUMA-RESPONSIVE WORK



Content can be delivered in one day or in a series of shorter segments. For example, they can be delivered in three 2-hour training segments or two 3-hour training segments.

Training

- Educators PreK-12
- Infant, Toddler and PreK Early Educators
- Community Funders and Advocates
- Parents and Caregivers
- Foster and Resource Parents
- First Responders
- Administrators
- Clinicians
- Social Service and Therapy Providers
- Organizations
- Supervisor and Leaders
- Medical Professionals
- Community Based Organizations
- Early Interventionists and Disability Specialists



FREE DOWNLOADABLE
FLYER WITH TOPICS

<https://www.optimalbrainintegration.com/training>

GOING DEEPER TRAINING MODULES



Content: Participants are guided through a range of interactive activities to practice implementing the content and strategies learned in one or more Core trainings.

Prerequisite: Must have attended a Core Module.

Length: Hours can be adapted based on program need but may be up to 6-8 hours in length.

Languages: English, Spanish and Chinese.

Module 200: Practicing the Strategies Learned in Module 100

Module 200 builds on the Module 100 concepts by creating an opportunity to practically apply the trauma-responsive and resilience building practices. In this module, we take a deeper dive into the trauma responsive strategies by providing an opportunity for educators to practice using the strategies through interactive activities, engaging in reflective conversations sharing implementation practices. The following are the key practices from Module 100 that will be reviewed and practiced:

- *Attuned, Responsive and Nurturing Relationships*
- *Safe and Predictable Environments*
- *Strengthening Body Awareness and Sensory Literacy that Lead to Emotional Literacy*
- *Building Self-Regulation and Resilience Strategies to Manage Big Emotions*

Module 201: Looking at Trauma Through the Lens of an Individual Child

After attending Module 100 and 200 (pre-requisite), participants dive deeper in exploring how to observe children using the trauma-responsive observation tool. They learn to observe themselves and their unconscious reactions using the adult trigger checklist. Finally, they will gain the practical experience of writing individualized trauma-responsive support plans that will help young children with histories of trauma build resilience and rewire their bodies to feel safe and secure in the environment. We walk through individual scenarios of children having trauma reactions and how to individual support them back to the optimal zone of arousal.

Module 300: Strengthening Self Awareness and Self-Care to Reduce Burnout in Times of Stress

In this module, you will learn about how cultivating self-awareness and self-care can buffer stress and prevent burnout. Self-awareness, self-care and pathways to regulation allows one to have the restored energy reserves required to prevent burnout as well as to access grounders when triggered emotionally.

These concepts are foundational to trauma-informed work as providers cultivating these practices respond to children's dysregulated behavior with regulation, compassion versus reactive and trauma-inducing.

Several self-care strategies and tools will be introduced:

1. The Neurobiology of Stress on the Body, Brain and Behavior
2. Burnout and Compassion Fatigue
3. Zones of Self-Awareness and Cultivating Grounders in Times of Stress
4. Health and Wellness Toolkit
5. Biomechanics of Breathing to Regulate
6. S.T.O.P. Tool
7. Mindfulness Strategies

Module 301: Culturally Responsive Self-Care Practices

Based on our second book, this module recognizes self-care is not one size fits all. We explore culturally responsive self-care strategies and the importance of provider self-care to goals of social justice and equity. We advocate and promote the importance of increasing self-awareness and self-care on both an individual and institutional level.

- Sources of stress and trauma providers experience and their consequences
- Cultivating the 'me and we' on the self-awareness and self-care journey
- The problematic nature of current discussions of self-care
- Introduce culturally diverse beliefs about the 'self'
- Explore how culture influences perceptions of stress, trauma and healing
- Learn about factors that support resilience
- Review a wide range of self-care activities and practices
- Begin to identify self-care activities that are meaningful and culturally responsive for you

"I had the pleasure of attending your keynote and break out session on Saturday at the Infant Development Association Conference! Wow!!!! Why haven't I attended any of your talks before? Your message and its delivery were hands-down, THE BEST!"

-Ana, Infant and Toddler Teacher

Module 400: Trauma-Responsive Family Engagement Practices for Educators: Building Asset-Focused Partnerships to Improve Equity

Designed for all professionals working with parents and families of children, this training offers comprehensive resources for building trauma-responsive family engagement in your school or program. We will learn:

- Evidence-based practices that promote trauma-response family engagement
 - Exercises and tools for identifying the strengths and learning edges within your program, school or agency.
 - Vignettes from people and programs striving to create trusting, asset-focused partnerships with families that improve equity and promote culturally responsive family engagement practices.
 - Reflective inquiry questions and sample conversations to guide you in taking time to examine your own practices.
-
- questions and sample conversations to guide you in taking time to examine your own practices.

With concrete examples, easy-to-implement strategies, this critical training helps participants put theory into practice while providing essential support for individuals and groups both new to and experienced with trauma-responsive practices.

Module 500: Trauma-Responsive Reflective Leadership and Supervision

There is evidence that trauma-responsive and reflective leadership and supervision is associated with resilience and helps prevent burnout resulting in lower rates of turnover and increased job satisfaction. Participants will learn ways to apply the trauma-responsive strategies in their supervision practice and will be able to identify the foundations of relationship-based leadership as well as what it means to use a trauma-responsive lens in leadership and supervision.

Module 600: Trauma-Responsive Practices for Leaders: Creating and Sustaining Healing Engaged Organizations

Teachers and providers cannot be effective if they work in programs, organizations and systems that are trauma- inducing. To be truly effective in supporting children and their families impacted by trauma to heal and build resilience, the entire field of educators—programs, infrastructure organizations that support the workforce, children and families and leaders working at local, regional and state levels in systems building efforts need to become trauma-sensitive, trauma-informed and healing engaged. The training provides real-world case examples and vignettes along with easy-to-follow activities and resources. We guide participants in learning how they can start *right away* to create healthier environments in programs, organizations and systems that support children and adults, especially those whose lives have been impacted by trauma.

"I just wanted to send a note of gratitude this morning. I so enjoyed your training last night! You have a wonderful sense of calmness about you that invites people to feel safe and heard, and speaking on behalf of our group, it is appreciated. I have received several texts/emails from people on our team, who really enjoyed it last night, so again, thank you." -Teresa Manning, Early Childhood Specialist

SPOTLIGHT MODULES



Content: Participants learn about one key concept or strategy included in one of the Core trainings.

Pre-Requisite: None

Length: 1-2 hours

Languages: English, Spanish and Chinese.

- 3 Rs of Reflective Supervision
- 4 Steps to Grow Human(E) Beings
- ACES: Understanding Adverse Childhood Experiences
- Adult Sensory, Emotion and Body Awareness
- Adult Triggers and Emotional Buttons
- Adult Self-Awareness, Self-Care and Resilience (Part 1)
- Adult Self-Awareness, Self-Care and Resilience (Part 2)
- 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)
- Breathing for Life: Learning Breathing Techniques for Adult Well-Being
- 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
- Developing Curriculum to Teach Children about their Brain
- Defining Trauma Responsive Care for your Program
- Difference Between a Trauma Trigger and a Challenging Behavior
- Embedding Mindfulness into Leadership and Supervision
- Emotional 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 for Adults
- Mindfulness Strategies to Use with Children to Support Regulation
- Moving Organizations from Trauma Inducing to Trauma Responsive and Resilience Building
- 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
- Positive Parenting Strategies: Nurturing and Responsive Relationships
- Positive Parenting Strategies: Predictable and Safe Environments
- Positive Parenting Strategies: Sensory and Emotional Literacy
- Positive Parenting Strategies: Managing Big Emotions and Self-Regulation Strategies
- Positive Parenting Strategies: Teaching Children Problem Solving Skills
- Positive Parenting Strategies: The Meaning Behind Challenging Behavior: What is this a Case of?
- Preventing Challenging Behavior
- Parenting and Strategies to Support Social-Emotional Development
- Strategies for Breathing with Children
- Predictable Routines
- Predicting Burnout
- Relationship and Strength-Based Leadership
- Resilience and Factors that Buffer Stress
- Sensory Literacy

- Storybooks for Children Who have Gone Through Stressful or Traumatic Events
- Strategies that Calm the Sensory 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
- Strategies for Building Resilience: Strengthening Self-Regulation and Managing Big Emotions
- Strategies for Building Resilience: Teaching Sensory and Emotional Literacy
- Supporting Children Who Have Experienced Toxic or Traumatic Stress
- Strategies for Teaching Children about their Brain and Cultivating Self-Awareness
- The Impact of Toxic and Traumatic Stress on the Brain, Body and Behavior
- The Power of Mirror Neurons
- The Science of Building a New Habit
- TIPS for Supporting Children in Times of Uncertainty and Stress

- Top 5 Trauma-Responsive Strategies for Educators
- Top 5 Trauma-Responsive Strategies for Supervisors/Leaders
- Adult Temperament: Cultivating Self-Awareness
- Child Temperament: Cultivating Self-Awareness
- Trauma-Responsive Supervision
- Trauma Responsive and Healing Engaged Leaders, Systems and Organizations
- 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
- What does a Trauma Responsive School Look Like?
- What Does It Mean to Give Every Child a Voice?
- What Strategies to use When a Child is in their Reptile, Mammal and/or CEO Brain
- Zones of Self-Awareness and Being Your Own Emergency First Responder

"I left inspired, and I am reflecting about all the information gained from your presentation and workshop. I am an Early Education Coach working to support preschool teachers and their working peers who serve at risk children and families. Your knowledge, presence, sense of humor and passion danced together so well...I loved it."
 -Marisa, ECE Coach

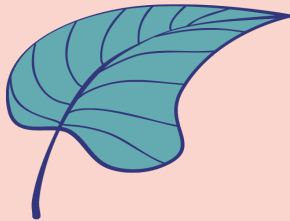
For more detailed descriptions, please contact us at optimalbrainintegration@gmail.com



Download a flyer at <https://www.optimalbrainintegration.com/bring-a-training-to-your-community>



Consulting and Coaching



- Learning Circles
- Leadership Teams
- Book Club
- Strategic Planning
- Office Hours
- Coaching
- Resilience Circles
- Communities of Practice

<https://www.optimalbrainintegration.com/consulting>

"When a child is having a meltdown, uncontrollably crying or screaming I would in the past say, "When you're ready to talk I will be over there" and then I would go about being with the other children. In the past I did not want to "encourage this behavior by giving them attention." Now after taking your trauma-responsive and resilience building training I say "You are feeling big emotions. I am here. You are safe." And then rub their back if they welcome it or just be with them. I have found when another child needs me during this time, they will come over and whisper their question or sit with us. I worried before that the other children would feel neglected when I gave attention to the dysregulated child. I have found over the last 3 months attending your training, that the other children seem to appreciate that I'm giving my time and attention to the child that needs me and they know I am there for them too."

-Kathryn Clark Silveira - CARE4EM

ASYNCHRONOUS LEARNING PLATFORM

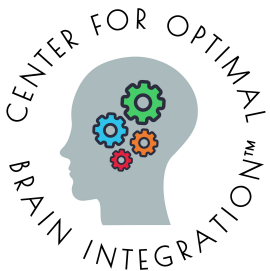


- Learn at your own pace
- Receive a Professional Development Certificate upon completion
- Access evidence-based strategies to support children and adults
- Spotlight trainings are 1-2 Hours or module trainings are 3-8 hours
- Free downloadable handouts and PowerPoints provided for each module

*"Your gentle and genuine approach to a very difficult and challenging topic make it easier for us. You have a great wealth of knowledge that is remarkable. And what makes it even more remarkable again is the way you approach the topic, and the tender way you open your beautiful heart to us all by sharing your own personal story and journey, wow THANK YOU."
- Rosie Family Subsidy & Children's Service Specialist*

Click to Learn More: <https://cobi1.teachable.com/courses>

Email us for flyers and detailed description at optimalbrainintegration@gmail.com



SOCIAL-EMOTIONAL TRAINING



Most of a child's life is spent casting the spotlight of their attention outward. Today, we can learn to help children understand the universe which lives inside of them. This will help them to grow into adults that are kind, empathic and humane! Our Social-Emotional Curriculum follows a pathway on that journey of growing humans by teaching and promoting the following resilience-based foundations.

1. *Teach and promote emotions (**emotional and sensory literacy**).*
2. *Teach your child to recognize the size of their sensations and emotions in their body (**sensory and emotional literacy**).*
3. *Teach self-regulation skills when they recognize their feelings as being medium or large
(**self-regulation skills/managing big emotions**).*
4. *Teach and support children in analyzing potential solutions to a problem, perspective taking, having empathy for all involved, and looking at varying outcomes of a problem (**problem-solving skills**).*

Social-Emotional Training Series for Early Childhood Families/Caregivers

- 5-Part Series
 - Nurturing and Responsive Relationships
 - Designing Predictable Environments
 - Promoting Sensory and Emotional Literacy
 - Managing Big Emotions and
 - Problem-Solving Skills
- 2-Hours Each Segment in the Series
- 2 Coaching to Implementation Meetings

Social-Emotional Training Series for Early Childhood Educators

- 5-Part Series
 - Nurturing and Responsive Relationships
 - Designing Predictable Environments
 - Promoting Sensory and Emotional Literacy
 - Managing Big Emotions and
 - Problem-Solving Skills

- 2-Hours Each Segment in the Series
- 2 Coaching to Implementation Meetings

Resilient Strong Curriculum for 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

*"Thank you for sharing resources with us! I really appreciated your workshop. I left feeling energized, was reminded of how important it is to be present and available for my students and felt much more present in my body than I have in a long time."
-Emma, High School Teacher*

Teacher Only Training 4-Part Series (*Parallels the same concepts in the student 25 part Resilient Strong 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

"Thank you both so much for such a mind & soul filling presentation!

-Kylie Peria, Kindergarten Teacher

"Attending Part 1 of the TIP Training for our K-8 teachers was amazing! It was like watching a Netflix show and binging it all in one go and we could not wait for Part 2."

-Kathi Tran, Moreland Elementary

"I wanted to thank you for the hugely impactful training you presented for our staff. You were so calm and engaging as you helped our staff gain understanding of brain processing and the effects of trauma with strategies. These were difficult concepts, but your pace of the presentation with stories painted an easy to follow clear picture of how to support our families and students experiencing trauma. All the special supports in your delivery like the "shark fin and goldfish" really made that difference to get the point across. To top it off, the many strategies and resources for printing out on your website was like the cherry on top! Our staff went straight to your website to learn even more and have expressed their gratitude for having you as a speaker at our preservice training. Many commented it was the best training they've ever had. I am in true awe of you after hearing your own personal story and how you have risen to become who you are today. You are a gift! Don't ever stop educating on this very important topic of trauma.

-Karen Van Patten, Education Coordinator

TRAINING OF TRAINER TRAUMA-RESPONSIVE INSTITUTE FOR AUTHORIZATION

Early Childhood
Training of Trainer
Trauma-Responsive
Institute for
Authorization
(ToT - TRIA)

Deadline to apply: June 15, 2022

Become Authorized to Train in
Module 100 Trauma-Responsive
and Resilience Building Practices
in Early Childhood

- *10-month intensive apprenticeship to go deeper in learning about trauma/resilience and to become authorized to train in a 6-8 hour module
- * For those who have a minimum of 5 years experience in ECE
- *You must feel comfortable training in front of large groups with a highly sensitive topic
- *Cost: \$3,700 per person

For more information and the application visit our website at
<https://www.optimalbrainintegration.com/trainer-of-trainer>

An invitation to apply for the National
Cohort Beginning Fall 2022



The purpose of the **Training of Trainer Trauma-Responsive Institute for Authorization (ToT-TRIA)** is to help individuals from diverse professional disciplines to become authorized in one or more of the COBI Trauma-Responsive and Resilience-Building Modules. Authorization begins with the Core Module 100, but apprentices may become authorized in modules beyond the Core 100. Once accepted, apprentices are guided to learn and develop in 3 key areas:

As an authorized trainer there are three key competencies that are required to become authorized by COBI:

1. Content Knowledge
 - Neurobiology of trauma and the difference between a challenging behavior and a trauma trigger
 - The science behind the brain and behavior
 - Resilience, neuroplasticity and the hope for healing across the lifespan
 - Key trauma-responsive practices that promote resilience
2. Trauma-Responsive Trainer Strategies to Promote Safety
 - Create safety for participants
 - Build nurturing responsive relationships during the training
 - Provide predictable and safe environments for learning
 - Promote self-regulation, mindfulness and grounding strategies
 - Keeping participants in the "*Window of Tolerance*" or "*Optimal Zone of Arousal*"
 - Learn virtual and in-person training techniques to promote engagement
 - Practice strategies for when a participant becomes emotionally triggered
3. Communication of the Content Knowledge in Training
 - Answering content questions
 - Articulating a concept for clarity
 - Learning through engagement
 - The art of storytelling to engage listeners

- Facilitating small and large group discussions
- Practice training on the content

Apprentices participate in:

- *Training of Trainer (ToT) Meetings:* During ToT meetings, apprentices observe a mentor level trainer, learn targeted content, and practice facilitating the content in a training format called Observe, Learn and Practice
- *Community of Practice (CoP) Meetings:* During CoP meetings, apprentices are pre-assigned reading and come prepared to have reflective conversations about the reading assignments and the application of the concepts to practice. The CoP is also designed to go deeper in understanding trauma.
- Observing the mentor train in the module in which they are becoming authorized
- Train on the module they are becoming authorized
- Submit a portfolio
- Read selected readings and submit reading reflection forms

If I am authorized in a module, what are the benefits:

- I can train in my community
- I have access to all handouts, the PowerPoint and materials associated with the training
- I will be provided a video and written trainer guide
- I become a part of the national authorized trainers for the COBI community
- I have access to unlimited technical support from COBI after authorization

"Julie, you are a gift and a blessing. After completing the Training of Trainer with you, I am now a part of a larger system of trauma informed care, and it really has changed my life. There is some short video of one of my panel responses coming out through the ACEs Convening Network. I was the only one on the panel that wasn't an MD, and they chose my responses to broadcast for the Thrive website. I enjoy being a part of our Trauma Informed Leadership Team for East County. I have gotten so many offers for jobs and to speak since meeting you. It is a great feeling that anyone would even want to hear what I have to say. It is like a really big surprise that my name is floating around as a person to utilize in trauma informed and healing engaged care. So, it is you who has helped me find ways to integrate this work personally and professionally. I am always singing your praises for you are a remarkable and phenomenal spirit."

- LaKrisha Dillard, California

LEADER SERIES



- 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



More information: <https://www.optimalbrainintegration.com/trainer-of-trainer>