

## VIRTUAL, ASYNCHRONOUS and ON-SITE TRAINING



At the **Center for Optimal Brain Integration® (COBI)**, we specialize in virtual, in-person and self-paced asynchronous professional development. Training is 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.

*Modules may be conducted in English, Spanish, Chinese, Japanese, Russian*

### **Core Training Modules**

**Content:** Participants learn the foundation for understanding the neurobiology of trauma/toxic stress and the science of hope through concrete, practical strategies that promote healing and resilience.

**Prerequisite:** None.

**Length:** Hours can be adapted based on program need and may be 6-10 hours in length. Content can be delivered in a sequence of shorter segments.

- 100: Overview: Trauma-Responsive and Resilience Building Practices for Educators
- 100: Overview: Trauma-Responsive and Resilience Building Practices for Caregivers 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: Trauma-Responsive and Resilience Building Practices for Young Children with Disabilities and Special Needs
- 100: Overview: Trauma-Responsive and Resilience Building Practices for First Responders

### **Going Deeper Training Modules**

**Content:** Participants are guided through a range of interactive activities to practice how implementing the content and strategies learned in the Core Training Module 100.

**Prerequisite:** Must have attended a Core Training Module.

**Length:** Hours can be adapted based on program need and may be 6-10 hours in length. Content can be delivered in a sequence of shorter segments.

- 200: Practicing the Trauma-Responsive and Resilience-Building Strategies Learned in the Core Module 100
- 201: Looking at Trauma-Responsive and Resilience Building Practices Through the Lens of an Individual Child and Developing Trauma-Responsive and Individualized Support Plans for Trauma-Impacted Children
- 300: Strengthening Self Awareness and Self-Care to Reduce Burnout in Times of Stress
- 301: Culturally Responsive Self-Care Practices
- 400: Trauma-Responsive Family Engagement in Early Childhood: Practices for Equity and Resilience
- 500: Trauma-Responsive, Strength Based and 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 (Category A)**

**Content:** Participants learn about one key concept or strategy for children and/or adults that support building resilience, regulation, and relational skills. The following are examples of possible Spotlight Topics. We can design a Spotlight training based on your program's specific needs.

**Prerequisite:** None.

**Length:** 1-2 hours.

- 4 Steps to Grow Human(E) Beings (A1)
- Attachment and Strategies that Heal (A2)
- Be Your Own Emergency First Responder in Times of Stress (A3)
- Being a Brain Architect vs Behavior Manager for Children (A4)
- Books and Activities that Promote Social and Emotional Awareness, Skills, and Intelligence for Teens (A5)
- Books and Activities that Promote Social and Emotional Awareness for Elementary Age Youth (A6)
- Books and Activities that Promote Social and Emotional Awareness for Early Childhood (A7)
- Learning About ACES (Adverse Childhood Experiences) (A8)
- Building a Healthy Internal Dialogue for Adults and/or Children (A9)

## Spotlight Training Modules for Adults Working with Children (Category A) *(continued)*

- Building a Self-Regulation Toolkit (A10)
- Burnout and Compassion Fatigue (A11)
- Coaching Strategies to Support Trauma Responsive Care (A12)
- Creating Grounding and Safety for Adults and/or Children (A13)
- Create Safe Spaces, Places and/or Bins for Children to Promote Regulation (A14)
- Create Trauma Responsive Policies and Procedures (A15)
- Cultivating Self-Awareness: Adult Temperament (A16)
- Cultivating Self-Awareness: Child Temperament (A17)
- Cultivating the “Me and the We” on the Journey of Healing and Building Resilience (A18)
- Culturally Responsive Self-Care Practices (A19)
- Developing Curriculum to Teach Children about their Brain (A20)
- Difference Between a Trauma Trigger and a Challenging Behavior (A21)
- Environment Triggers that Affect Arousal States (A22)
- Environments that Support Regulation (A23)
- Examining Transitions to Promote Safety and Prevent Challenging Behavior (A24)
- Trauma-Responsive Family Engagement Strategies that Promote Resilience (A25)
- Growing Human(E) Beings: A Job of Superheroes! (A26)
- Healing the Brain from the Bottom Up (A27)
- Helping Children in Times of Stress, Transition, Loss or Change (A28)
- Learning About the Different Parts of the Brain and How it Impacts Behavior (A29)
- Learning How to Keep Children in the "Window of Tolerance" (A30)
- Meaning Behind Challenging Behavior (A31)
- Mindfulness Strategies to Use with Children to Support Regulation (A32)
- Neurobiology of a Trauma Trigger (A33)
- Neuroplasticity and the Power to Rewire the Brain (A34)
- Neurobiology of Stress on the Brain and Behavior (A35)
- Objects and Activities that Calm the Sensory System (A36)
- Out of Synch Child: Sensory Integration Strategies (A37)
- Play to Learn and Learn to Play (Ages 0-3) (A38)
- Play and Trauma: Supporting Children Through Play to Heal (A39)
- Play: Somatosensory Strategies to Promote Regulation in the Classroom (A40)
- Preventing Challenging Behavior (A41)
- Predictable Routines that Create Safety and Predictability (A42)
- Resilience and Factors that Buffer Stress (A43)
- Resilient Strong! A curriculum that builds self-awareness and resilience for Elementary, Middle and High School Students (A44)
- Promoting Emotional Literacy (A45)
- Promoting Body Awareness, Sensory and Emotional Literacy that Lead to Regulation (A46)
- Storybooks for Children who have Gone Through Stressful or Traumatic Events (A47)
- Storybooks that Promote Social-Emotional Skills (A48)
- Strategies that Calm the Activated Stress Response System (A49)
- Strategies to Support Children’s Emotional Regulation (A50)
- Strategies for Building Resilience: Engaging Executive Functioning Skills and Problem-Solving Steps (A51)
- Strategies for Building Resilience: Children with Sensory Processing Challenges (A52)
- Strategies for Building Resilience: Strengthening Self-Regulation and Managing Big Emotions (A53)
- Strategies for Building Resilience: Teaching Sensory and Emotional Literacy (A54)
- Strategies for Breathing with Children (A55)
- Strategies to use When a Child is in their Survival/Hindbrain, Emotion/Limbic Brain and/or Thinking/Executive/Cortex Brain (A56)
- Strategies for Teaching Children about their Brain and Cultivating Self-Awareness to Promote Resilience Socially and Emotionally (A57)
- Supporting Children Who Have Experienced Toxic or Traumatic Stress (A58)
- The Impact of Toxic Stress on the Brain, Body and Behavior (A59)
- The Importance of Play for Youth Children to Buffer Stress (A60)
- The Power of Mirror Neurons (A61)
- Top T.I.P.S to Support Children in Times of Uncertainty and Stress (A62)

### **Spotlight Training Modules for Adults Working with Children (Category A) (continued)**

- Top 5 Trauma-Responsive Strategies for Educators (A63)
- Using Storybooks to Support Children who Have Gone through Stressful or Traumatic Experiences (A64)
- Using Present Moment Attunement and Co-Regulation to Support Children (A65)
- Using the Trigger Stop APP to Promote Sensory and Emotional Literacy (A66)
- Visual Schedules that Promote Regulation (A67)
- What Does it Mean and How Do I Give Every Child a Voice Impacted by Trauma or Toxic Stress? (A68)
- Promoting Sensory Literacy and Body Awareness for Young Children (A69)
- Trauma-Informed Practices and Resilience Building: A 90-Minute Onboarding Series for New Early Childhood Providers (A70)
- The Intersection of Trauma and Intellectual Disabilities and Developmental Delays (A71)
- Trauma-Responsive and Resilience Building Practices for Early Childhood Educators (A72)

### **Spotlight Training Modules for Leaders (Category B)**

- 3 Rs of Reflective Supervision (B1)
- Asset-Based Reflective Leadership (B2)
- Building Effective Trauma-Responsive Partnerships with Parents and Families (B3)
- Creating Environments that Reinforce Messages of Safety and Predictability (B4)
- Creating Trauma-Informed Schools, Districts and/or Organizations (B5)
- Creating Trauma-Responsive Environments: Decreasing the Power Differential During Supervisory Interactions (B6)
- Cultivating Self-Awareness/Body Awareness as a Foundation for Effective Leadership in Trauma-Responsive Environments (B7)
- Effectively Responding to Stressful and Triggering Events in Organizations (B8)
- Embedding Mindfulness into Leadership and Supervision (B9)
- Intentionally Integrating Organizational Care Strategies (B10)
- Intentionally Promoting Coping, Resilience and Healing: Strategies to Support Self and Organization Care Routines (B11)
- Leading Organizations through a Trauma Responsive Lens (B12)
- State Dependent Functioning and Pathways to Regulation (B13)
- Supporting Agency, Voice and Choice in Our Work with Children, Families, and the Workforce (B14)
- Top 5 Trauma-Responsive Strategies for Supervisors/Leaders (B15)
- Trauma-Responsive Supervision and Leadership (B16)
- Trauma Responsive and Healing Engaged Leaders, Systems and Organizations (B17)
- Pathways to Regulation to Cultivate Safe and Predictable Environments (B18)
- Understanding the Triggering Event Cycle in Order to Effectively Navigate Triggering Events (B19)
- Trauma-Responsive Practices for Early Childhood Leaders: Creating and Sustaining Healing Engaged Organizations (B20)
- Micro-Professional Development: Leaders Building a Trauma-Responsive and Relationship-Based Organization (B21)

### **Spotlight Training Modules for Adult Well-Being (Category C)**

- Adult Triggers and Emotional Buttons (C1)
- Breathing for Life: Learning Breathing Techniques for Adult Well-Being (C2)
- Building Sensory and Body Awareness that Lead to Adult Self-Regulation (C3)
- Cultivating Self-Awareness and Self-Care to Prevent Burnout (C4)
- Culturally Responsive Self-Care (C5)
- Health and Wellness Toolkit (C6)
- Mindfulness for Adults (C7)
- Moving Organizations from Trauma Inducing to Trauma Responsive and Resilience Building (C8)
- Pathways to Regulation (C9)
- S.T.O.P. Tool: Cultivating the Art of the Pause so that Adults can Co-Regulate Children, Families, and Clients (C10)
- The Science of Building a New Habit (C11)
- Zones of Self-Awareness Tool and Creating Grounders to Buffer Stress (C12)

### **Spotlight Training Modules for Parents/Caregivers (Category D)**

Positive Parenting Module: A Social Emotional Learning Series on How to Support Children to Build Social-Emotional Skills that Last a Lifetime:

- Positive Parenting Strategies: Predictable and Safe Environments (D1)
- Positive Parenting Strategies: Sensory and Emotional Literacy (D2)
- Positive Parenting Strategies: Managing Big Emotions and Self-Regulation Strategies (D3)
- Positive Parenting Strategies: Teaching Children Problem Solving Skills (D4)
- Positive Parenting Strategies: Raising Human(E) Beings (D5)
- Social-Emotional Training Series for Families of Children Ages 3-8 (D6)

### **Spotlight Training Modules for Social-Emotional and Resilience Building (Category E)**

- Infant and Toddler (E1)
- Early Childhood (PreK-2) (E2)
- Elementary School (E3)
- Middle and High School (E4)

### **Spotlight Series: Resilient Strong! Curriculum for Elementary, Middle and High School Students (A44)**

Positive Parenting Module: A 4-Part Social Emotional Learning Series on How to Support Children to Build Social-Emotional Skills that Last a Lifetime:

- A curriculum that builds self-awareness and resilience for Elementary, Middle and High School Students
- *25 7–15-minute segments designed to support youth in building resilience, buffering stress and building coping skills to face adversity*
- *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



**“All that is valuable in human society depends upon the opportunity for development of an individual.”**

- Albert Einstein



Contact us for more information at [optimalbrainintegration@gmail.com](mailto:optimalbrainintegration@gmail.com)  
Visit our website at [www.optimalbrainintegration.com](http://www.optimalbrainintegration.com)