



Overview of Great Circle's Trauma-Informed Trainings

Trauma 101 - Introduction to Trauma-Informed Care and The Neurosequential Model®

(4 hours)

(called Trauma 101 for Great Circle staff)

"Trauma informed" is more than just a buzz word. Agencies across the nation are seeking to be trauma-informed and often required to do so. This training increases participants' awareness of trauma and basic knowledge to create a trauma-sensitive environment. Participants are introduced to the impact trauma or stress has on the brain and how this affects a person's ability to function in their environment. Learn easy-to-use activities to support regulation and facilitate healing.

Participants will:

1. Understand how trauma impacts development across the lifespan.
2. Define trauma and respond to trauma symptoms with sensitivity.
3. Implement a trauma-informed culture.
4. Better understand brain development.
5. Identify and understand the sequence of interventions.

Trauma 201 - A Deeper Dive: Early Childhood, Brain Development and The Impact of Toxic Stress

(6 hours)

(called Trauma 201 for Great Circle staff)

Brain science is a fast-growing area of focus for those working with individuals who have been exposed to childhood adversity. Understanding the stress response system and circumstances that impact functioning is critical when trying address mental health. Participants delve deeper into both brain development and the impact of stress and trauma, and learn additional skills to help clients reach their greatest potential for learning. There is additional discussion on the impact trauma on the professional and how to prevent burnout, secondary stress and vicarious trauma.

Participants will:

1. Better understand the principles of brain development and the implication for treatment.
2. Implement therapeutic experiences and create an environment that's conducive to growth and development.
3. Recognize when the stress response system is sensitized to support regulation and increased executive functioning.
4. Manage the effects that human service work has on self.

Trauma 301- The Six Core Strengths of Child Development

(3 hours)

(called Trauma 301 for Great Circle staff)

Are you struggling to understand the lack of “respect” some people display? This training provides a foundation for understanding how to promote healthy childhood development and reduce the risk for social, emotional and behavioral problems. Health promotion is violence prevention!

Participants will:

1. Identify the six core strengths and understand how they build on each other sequentially.
2. Increase understanding of the relational circumstances that promote healthy development and violence prevention.
3. Leave with ideas to nurture tolerance and respect for colleagues and individuals you work with.

Reverse Plasticity: A Sequential Approach to Organizational Change (60 minutes)

By implementing a trauma-informed approach and using the Neurosequential Model, behavioral health organizations are transforming the way treatment is provided. They also must be open to transforming their own organizational culture and processes, leaving behind resistance to change and ensuring all levels of the workforce are fully engaged and committed to the process.

Presenters served as the core implementation group of this process at Great Circle, a statewide behavioral health services provider in Missouri, and share lessons learned during the first 3 years of establishing the Neurosequential Model across a large, multi-site and multidisciplinary organization. Discussion focuses on the process of developing and implementing: 1) sequential change for all personnel, and 2) strategies to overcome resistance. Participants leave with sample materials developed for internal audiences that can help pave the way for a sequential implementation of trauma-informed care and the Neurosequential Model at all levels. This includes the development of unique tools and approaches for various groups of staff, to help them better understand how the NM and trauma-informed processes affect and enhance their specific area of work within the organization.

Participants will:

1. Understand how to facilitate sequential trauma-informed change at all organizational levels, from executive and senior leaders to program managers, clinicians and other direct care staff.
2. Learn how to identify and problem-solve the challenges of implementing the Neurosequential Model across a large organization or one with more than one site.

The Neuroscience of Trauma and the 6R's of Effective Therapeutic Interventions

(60-75 minutes)

This workshop introduces participants to the Neurosequential Model of Therapeutics and how traumatic childhood experiences or neglect impact brain development. The workshop details the 6R's of an effective intervention strategy and provide a rationale as to their importance. The presentation includes a lecture and PowerPoint along with open discussion and an activity to apply the topic to a real workplace scenario.

Participants will:

1. Be introduced to the Neurosequential Model of Therapeutics.
2. Understand the 6 components of an effective intervention.
3. Gain experience applying these 6 elements to their work.

Evaluating School Curriculum through the Trauma Lens

(60 minutes)

This workshop allows grade level teams to explore curriculums and determine the positive aspects of a particular curriculum and how it aligns with classroom needs. Participants spend time reviewing a curriculum and evaluating it based on the guiding principles that support regulation, neuroscience, social-emotional learning and mindfulness.

Participants will:

1. Better understand the 6 guiding principles that support trauma-informed curriculum.
2. Become familiar with curriculum that supports a trauma-informed classroom.
3. Learn to evaluate their curriculum through the trauma lens.

Establishing Environments to Support Regulation

(60 minutes)

This workshop is designed to support implementation of specific regulation areas for the helper as well as the client. Whether it's separate from a client area or a corner in a classroom, congregate care or your home, creating a very specific environment to support regulation is attainable after this workshop.

Participants will:

1. Better understand the core concepts that support regulation.
2. Become familiar with items needed to establish a regulation space.
3. Understand how to develop a regulation plan specific to individual needs.

Using Brain Breaks to Increase Focus

(60 minutes)

Regulation is key to success in many ways. When we allow time to support regulation, it then allows individuals the opportunity follow rules, engage in activities and be receptive to learning. Brain breaks are activities that engage the lower part of the brain through music, movement or sensory activity strengthening areas of the brain responsible for regulation.

Participants will:

1. Understand the importance of brain breaks.
2. Understand how to incorporate brain breaks into their daily routine.

Shifting Your Approach from Isolation to Inclusion!

(60 minutes)

Research has proven the positive effect relational health has on healthy development, yet we often find that a common response to difficult behaviors includes isolation practices. Whether it's time-out in a bedroom, standing on the line at recess or in the corner, or being grounded, there is opportunity to increase positive behaviors with simple adjustments in these practices.

Participants will:

1. Understand 2 types of isolation.
2. Increase understanding of the negative responses connected to isolation.
3. Understand how to replace isolation practices with inclusion practices.

Maintaining Regulation in a Dysregulated Environment!

(60 minutes)

The average classroom teacher makes more than 1,500 educational decisions every school day. In an average 6-hour school day, that's more than **4 decisions** every minute. This workshop focuses on maintaining a state of regulation throughout the workday in some of the toughest circumstances.

Participants will:

1. Understand secondary traumatic stress.
2. Learn tools to monitor their level of burnout, vicarious trauma and compassion fatigue.

Managing Tough Behaviors!

(60 minutes)

When dealing with behaviors of trauma survivors, we must keep in mind that the behaviors are often a result of dysregulation. Therefore, when attempting to regulate an individual, it can be perceived as a reward instead of a consequence or means of accountability for that person. This often leaves parents, teachers and paraprofessionals frustrated and feeling as though he/she "got away with it again". This workshop focuses on empowerment to help manage the most difficult behaviors.

Participants:

1. Understand the difference between a punishment and a consequence.
2. Learn trauma-informed responses to manage behaviors.

Starting a Journey to Trauma-Informed!

(60 minutes)

A successful journey begins with arming yourself with knowledge. The more we know, the better equipped we become when facing trauma survivors. Research shows it takes 5-7 years for an organization to become trauma-informed. It is a fluid process and doesn't happen overnight. This workshop provides a brief overview of the stages leading to trauma-informed.

Participants will:

1. Increase their belief that developing a trauma-informed program is vital for the success of their clients.
2. Recognize the 3 stages leading to trauma-informed and what each entails.
3. Increase their knowledge of incorporating the principles of trauma-informed care into their workplace.

Creating and Sustaining a Trauma-Informed Environment

(60 minutes)

For healing to occur, we must create environments that are welcoming, safe, nurturing and relationally based. This workshop dives into emotional environments, physical environments and the importance of language. Learn practical tips to apply to any environment.

Participants will:

1. Understand how to create an environment that is nurturing, predictable, structured and enriched.
2. Increase their value for having an environment comprised of relational health.
3. Have a greater understanding for the impact language has on healing.

Buffering the Effects of Relational Toxicity

(60 minutes)

Attachment problems are all too common in today's children. Unfortunately, they lead to myriad problems as caregivers are challenged with many undesirable behaviors, including avoidance, dysregulation and often aggression. This workshop is designed for caregivers who feel unsure about how to respond, providing greater understanding of the lasting effects relational toxicity has on children and how to be prepared to successfully navigate those challenges.

Participants will:

1. Increase their understanding of the "pressure" that relational interactions pose.
2. Learn techniques to aid in repairing relational health.

Shifting the Lens ... "What is Wrong?" to "What has Happened?"

(60 minutes)

Many people express anger and become violent when something they do not expect to happen happens. They may have an especially hard time when transitioning from one activity to the next. It's easy to view the person as angry, someone who needs more discipline, or is spoiled. Often, there is more behind the behaviors. This workshop examines how our personal lens helps shape how we view people, situations, and other aspects of life, and how to reshape that lens to become more empathic and better support individuals dealing with trauma. This workshop helps shift your perspective from "What is wrong?" to "What has happened?"

Participants will:

1. Explore ACEs, toxic stress and complex stress to better understand how each impact behaviors.
2. Reflect on case scenarios to deepen their understanding of what is driving the behaviors that are on the surface.

*To learn more or to schedule a training, contact
Great Circle's Trauma-Informed Services department
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