Course Descriptions
September-December 2014 Fall Session

Enhancing Trauma Awareness:
6-sessions. Prerequisites: None.

The new research on trauma provides us with startling statistics and critical information about the devastating effects of both simple and complex trauma. Because of the profound effects and implications of trauma, especially in childhood, and the fact that trauma often is trans-generational, it is essential for educators to be highly trauma aware.

Educators can become clear and confident that they are providing educational environments that are sanctuaries and can effectively employ interactive skills that promote health and healing from trauma.

Specific Goals for Enhancing Trauma Awareness
Over the course of the six sessions, we expect to provide a rich and sophisticated exploration of the subject of trauma with an emphasis on encouraging participants to become highly sensitive regarding the nature of trauma, key properties and principles related to it, a heightened awareness and respect with regard to the potential and realities of trauma-related behaviors, feelings, struggles and the many consequences that can extend into relationships, systems and generations as a result of trauma.

Specifically we hope to impress, inform and inspire participants by:
• Exploring the nature of trauma and related principles and properties of trauma.
• Exploring practical applications of the information, theories, concepts and principles being gathered by participants.
• Promoting a passionate sense of urgency with regard to dispersing key principles to virtually everyone who works in any capacity with children, young people, parents, caregivers, families and people in general.
• Encouraging educators to gain a new level of awareness and appreciation for the importance of being highly self-protective when exploring the subject of trauma and to be advocates for the self-protection of others.

Course Texts:
• Creating Sanctuary
• Life After Trauma
• IFP Training Materials

Understanding Anger:
6-sessions. Prerequisites: None

Content includes:

- Anger management options that promote self-awareness and self-control
- Traits of chronic versus episodic anger
- Differences between constructive and destructive anger
- How the brain is involved in the feeling and expression of anger and the impact of hormones and bio-chemistry
- Children’s anger and ways to help children be more self-aware and have greater self-control, as well as healthy ways for adults to respond to children’s anger

Over the course of the six sessions, we expect to help participants:

- Gain a better understanding of the complexities of anger, the overall nature of anger, and some specific qualities of anger
- Learn some key principles of the nature of anger and consider ways to apply them in real life situations
- Learn critical basics of the brain’s biochemistry, how it can influence angry episodes, how adults can be more in control of their biochemical reactions and how they can teach students to be more in control of their biochemical reactions
- Become clearer about chronic versus situational anger, about healthier ways to express and manage anger versus how anger can be expressed in destructive ways
- Identify some common misconceptions about anger
- Receive some specific suggestions for managing one’s own anger
- Receive some specific suggestions for managing students’ anger
- Receive some specific suggestions for teaching others about anger so they have tools to better manage it themselves

Course Texts:

- A Teachers Guide to Anger Management
- The Anger Management Sourcebook
- Anger Management in Schools
- IFP Training Materials & Principles Handout

**Essential Communication Skills**

9-sessions. Prerequisites: None

This course invites participants to explore principles and practices of essential communication skills. Educators need proficiency in intentionally using healthy communication skills when interacting with others. By gaining more proficiency in
using these skills, educators become better equipped to promote healthy, meaningful relationships. Participants are invited to engage in a myriad of interpersonal exercises to enhance and hone their communication skills including Active Listening, Affirmations, basics of Teaching, Problem Exploration and I-Messages.

**Our Goals for Educators in this Training**

- An increased awareness of the fundamental principles of effective, intentional communication.
- An increased appreciation for the power and responsibilities involved in learning to communicate intentionally and effectively, maintaining the goals of enhancing and enriching personal emotional and relational health and integrity as well as the emotional and relational health and integrity of others.
- The ability to identify and assess a variety of communication forms and dynamics.
- Experiencing an increased proficiency in integrating essential communication skills in most if not all significant interactions with others and within each individual.

**Course Texts:**

- *The Relationship Cure*
- *How To Talk So Kids Can Learn*
- *The Whole Brain Child*
- *IFP Training Materials*

**Deepening Trauma Awareness**

12-sessions. Prerequisites: Enhancing Trauma Awareness.

The goals for this 12 session course are to continue the process of enhancing and enriching participants’ awareness, understanding and appreciation of the nature of trauma, essential concepts, facts and principles they can apply and discussions around the skills that allow for trauma-sensitive responses to children and adults who might be trauma-impacted.

Participants are encouraged to become more aware of the connections and impact trauma can have with regard to a myriad of related dynamics including attachment, fear, anger, trust, grieving, relationships, recovery and healing.

Participants are invited to share in discussions around specific ways they can apply information in their personal and professional lives as a way to promote transfer of training and encourage intentional application of the information, principles and skills in real-life situations.
Overall Goals for This Course
While this course will provide many ways to deepen our understanding of the nature of and principles related to the subject of trauma, we will more deeply explore ways to use the information and principles that can empower each of us to be more than Students of Trauma. This course will encourage participants to become clearer about ways to be advocates for the many ways we can assume responsibility for putting the research and principles to good use.

Participants can expect to continue the process of enhancing and enriching their awareness, understanding and appreciation of the nature of trauma, including essential concepts, facts and principles they can apply when interacting with children who might benefit from trauma-sensitive interactions. At a personal level, participants can expect to continue the process of enhancing and enriching their own self-awareness and self-understanding.

We will continue to explore some effective approaches focused on enhancing trauma-sensitive responses to children and adults who might be trauma-impacted. We specifically will consider ways trauma-sensitive and trauma-competent educators can Listen, Affirm and Teach Effectively (i.e. be “LATE”).

We expect participants to become more aware of the connections and impact trauma can have with regard to a myriad of related dynamics including attachment, fear, anger, stress, trust, grieving, forgiveness, relationships, processes of recovery and healing, to name a few.

Overall the messages will be of hope through empowerment that results from having information and being more intentional about the “P’s” of responsibility presented in a previous session that can be categorized in four arenas: advocacy, prevention, lessening and healing.

Course Texts:
- Life After Trauma (continued from Enhancing Trauma Awareness)
- The Boy Who Was Raised as a Dog
- Working with Traumatized Children
- Neuroscience of Human Relationships
- IFP Training Materials

Group Facilitation
6 Sessions. No Prerequisites.
**Content includes:**

- Principles and properties of groups
- Ways to intentionally promote healthy group processes
- Key interactive skills in which all group facilitators need to be proficient
- Design approaches to maximize effective group dynamics
- Ways to identify and respond effectively to group members who are disruptive, distracting or detached
- Using role-plays and feedback processes, participants will have opportunities to practice new skills and refine existing leadership techniques. Participants will be able to:
  - Clearly and confidently describe typical parenting group processes and dynamics that can maximize the effectiveness of group experiences for parents and caregivers
  - Demonstrate specific skills and approaches of effective group management
  - Apply principles of effective group management in vivo
  - Qualities of groups
  - Principles of effective leadership of groups
  - Roles of group leaders
  - Responsibilities of group leaders
  - Traits of healthier and less healthy groups
  - Skills, techniques and approaches that promote healthy group process
  - Ways to effectively manage challenges to healthy group processes

By attending this series of workshops, participants can expect to:

- Grow in their awareness and understanding of groups and group processes
- Become clearer about their roles and responsibilities
- Become better equipped to more intentionally manage and facilitate their groups
- Become clearer about specific processes, skills, approaches and techniques that can enhance the probability that their groups will be successful
- Find greater rewards and increased levels of confidence and satisfaction in being group facilitators.

**Course Texts:**

- *Who Me, Lead A Group?*
- Select Chapters of *Groups: Theory & Experience*
- *Active Learning: 101 Strategies to Teach Any Subject*
- *IFP Training Materials*

**Mindful Interactions: Facing Challenges and Having Difficult Conversations**

10 sessions. No Prerequisites.
This training features ten 2.5-hour sessions in which an in-depth study of the components of mindful interactions is conducted along with an exploration of the skills and knowledge base necessary to ensure that effective, healthy interactive processes consistently occur. Included in the 10 sessions:

- A philosophical approach that embraces the importance of maintaining the emotional health of each individual in an interaction while simultaneously preserving the health of each relationship
- Identifying the needs of those who might benefit from mindful interactions
- Types of mindful interactions and the purposes of each
- The nature of problems and identifying serious problems
- The skills and knowledge base needed by those who conduct mindful interactions
- Opportunities to practice designing, facilitating and evaluating mindful interactions

**Course Texts:**

- *Influencer*
- *Talk It Out*
- *IFP Training Materials*