

TRAINING MENU

Leadership-Specific Training

- Creating a Community of Care
- Trauma-Informed Strategies for Supporting Educators and School Staff
- Leaders Who Radically Love
- Racial & Historical Trauma for
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Conversations for the Whole School Community

- Trauma Awareness-Beginners & Advanced
- Self-Care
- Building Relationships & Creating a Community of Care
- Community Trauma
- Racial & Historical Trauma
- Implicit Bias & The Language of Microaggressions
- Childhood Resilience
- Dealing with Grief & Loss
- Trauma-Informed Communication
- Giving & Receiving Feedback
- Power Plans
- Courageous Conversations
- Supporting LGBTQ+ Students
- Youth Mental Health
- In Their Shoes
- The Brain Game
- Tree Facilitation

Teacher-Specific Training

- Trauma Informed Strategies for the Classroom
- Mindfulness
- Building a Classroom Community
- Trauma-Informed Communication

Conversations for Counselors & Social Workers

- Self-Care for the Caregiver
- Supporting Families through Grief & Loss
- Trauma Informed Strategies for Counselors & Social Workers

YOUTH WORK

- Youth Empowerment Workshops
- Youth Ambassador Program
- Trauma Awareness for Elementary & Middle School Scholars

Parent & Caregiver Training

- Trauma Awareness
- Understanding Grief & Loss
- Self-Care
- Trauma Round Tables
- Childhood Resilience
- Trauma-Informed Communication

*Alive & Well Communities strives to meet the specific needs of school communities through training, conversations, & activities that will provide guidance & coaching on the trauma-informed journey. If there is a topic or a need not listed, let us know, and we will create something for you.

** Basic Trauma Awareness Training is a prerequisite to all other training.

Trauma 101

This foundational training is the starting line for the rest of our trainings. Participants will garner a greater understanding of what trauma is and its impact on our brains, bodies, and engagement with the world around us.

This training is also available as a custom training for new teachers, educational leadership, and parents & caregivers, as well as a review or refresher for those who have already been through the course.

Brain Game

It is a game, but it is intended to help players understand the powerful role of experiences on brain development while facilitating conversations around adverse childhood experiences, toxic stress, and the long-term impact of trauma.

Building Relationships & Creating a Community of Care

This training focuses on five ways to respond to behavior while building relationships with students, including creating connection and safety in the classroom. It encourages restorative practices over punitive practices and offers practical classroom examples as well as strategies for educators.

Childhood Resilience

Educators do not always can stop the trauma occurring in a student's life, but they do have the ability to increase a child's capacity to cope with what is happening to them. This session explores different, evidence-based frameworks for promoting resilience and how that increased resilience can translate to greater emotional and behavioral regulation and school success.

Counselors Support Training

School counselors provide guidance services and support to create school climates where all students thrive. They are the conduit for change in their communities and have vital leadership role in implementing the Trauma informed message. With so much responsibility resting on their shoulders Alive and Well has designed a training to support them in the work of supporting their communities to becoming Trauma Informed.

Custom Training

Many organizations have training requests beyond what is listed in this document. Alive and Well staff will work with organizational leadership to develop training content that best fits their needs in supporting the social and emotional wellbeing of their community.

Giving and Receiving Feedback

While on the journey of becoming a Trauma-Informed school, there will always be moments of concern, conflict, and disagreement. Developing tools and strategies to give and receive feedback effectively is critical to continue moving forward. This facilitation will unpack what barriers prevent participants from giving and/or receiving feedback in a Trauma-Informed way.

Understanding Grief & Loss

Without a commitment to understanding and honoring grief and loss, children and adults alike will struggle in silence, expected to perform at a level that may not be possible in the midst of those experiences. Times of crisis, like the pandemic, are a fantastic opportunity for the evaluation of impacts, policies, and practices. Creating a brave space for open conversation around grief and loss can invite opportunities for healing as well.

Historical & Racial Trauma

Defining historical and racial trauma and examining not only its daily impact on communities of color but also its lifelong effects is a critical step in building a trauma-informed organization. This training asks educators to consider the impact racial and historical trauma has in the education system and to think about how policies and daily practices could perpetuate fundamental inequities in the system.

Implicit Bias & The Language of Microaggressions

The object here is to initiate and facilitate the often-difficult conversations around the language we use and how it impacts those around us. Understanding racial and historical trauma is the first step in the conversation. Understanding how our own bias and language might perpetuate those traumas is the next integral step toward bringing about equity and healing in our school communities.

In Their Shoes

This interactive training offers participants the opportunity to walk through a day in the life of members of their community, experiencing how the setback and achievements of other's are strongly impacted not only by their life circumstances but also by policies, procedures and responses that are not trauma informed.



Language Matters

How does our communication to and about students support a trauma-informed approach? What we say and do not say sends powerful messages. Language and culture are connected and work together to create meaning. The words we use, even when do not realize it, shape our thinking and beliefs. This workshop will take a deep dive into language and labels we use from the lens of trauma.

Leaders who Radically Love

As Dr. Dana Stachowiak said, “*Radical love is love amplified*.” It is love with a double shot of social justice. Radical love is not about violence and silence; it is about peace and action. It is about courage, not fear, and it is about a commitment to others.” In this training, we will explore how race, gender, and class identity influence leadership and our ability to show up in schools as our authentic selves.

Power Plans

Many schools have plans in place to address crisis situations for students, but few have comprehensive plans for increasing the capacity of students and staff to maintain and improve emotional and behavioral regulation. This session will explore Alive and Well Communities’ Power Plan Toolkit for schools and provide guidance on optimal implementation.

Regulation Strategies & Responding vs. Reacting

This training breaks down the differences between responding and reacting, offers strategies for emotional regulation and examples of relevant techniques for adults and children.

Self-Care and Community Care for Teachers

By focusing on understanding primary and secondary trauma and their impact on educator burnout, Alive and Well will help school staff understand the importance of prioritizing their own self-care, strategies for making self-care a daily activity, and ways to increase community care amongst staff.

Tree Facilitation

To effectively address the trauma and toxic stress impacting a school, an unpacking of the historical and community traumas alongside the traumas and stressors we see day-to-day is necessary. Using the “Pair of ACE’s” framework, Alive and Well guides entire schools in developing the “tree” of their school, naming, and analyzing what is in the “soil” and what is in the “branches.” By working through both the “toxins” and “nutrients” staff and students are facing, schools are better able to move forward in their journey of becoming trauma informed.