



TRAINING OF TRAINER, TRAUMA-RESPONSIVE INSTITUTE FOR AUTHORIZATION (TOT-TRIA) TIME COMMITMENT

Apprentice Activity	Time
<p>Module 100 Trauma-Responsive and Resilience Building Practices for Educators - Relationship-Based Approaches that Support Healing and Build Resilience</p> <p>This 6-8 hour module provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and the science of resilience, hope, healing and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide educators working with children to understand trauma and resilience as well as its impact on children’s brains, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building practices participants can use in education programs to create strength-based environments that support children’s health, healing, and resilience.</p> <p>The strategies learned are best practices and good for ALL children and especially for those impacted by toxic and traumatic stress.</p>	<p>Module 100</p> <ul style="list-style-type: none"> • Apprentices attend and observe mentor trainer conduct Module 100 • Apprentices present at the end of cohort Module 100 <p>TOTAL: 16 HOURS</p>
<p><u>Training of Trainer Meetings (ToT Meetings)</u></p> <ul style="list-style-type: none"> • Eight 5-hour ToT meetings. • To review and learn training content and concepts and creating safe training environments. • To prepare and practice training content from the module. • To practice training using adult learning styles and trauma sensitive training strategies while demonstrating an understanding of the content and concepts. • Receive video and paper training “guides” to follow during the training to maximize learning of content. • Deepen understanding of the conceptual underpinnings (the why) behind the content. 	<p>TOTAL: 40 HOURS</p>
<p><u>Outside Reading and Reflection Forms</u></p> <p>Best practices would suggest that training on the curriculum without a deeper understanding of trauma would prevent a trainer from being able to appropriately field questions and help participants with understanding a greater context than what is presented in the curriculum. Reading and reflection forms on assigned reading will be given.</p> <p>Required Reading: <i>The assigned books will be announced upon acceptance.</i></p>	<p>Reading Reflection Forms</p> <p>ESTIMATED TOTAL: 12 HOURS</p>

<p>Outside Preparation and Planning Meetings You will need to take time on your own to study the video trainer guide, paper trainer guide prior to each meeting to study and prepare for slide presentations during the ToT meeting. Also, there will be about 10-15 hours of planning time/meetings schedule for the final Module 100 presentation.</p>	<p>ESTIMATED TOTAL: 20-24 HOURS</p>
<p>Technical Support Each apprentice will have 1:1 phone time for TA support with the mentor trainer to be able to review their assigned slides for the final presentation and to debrief after. This amounts to 1 hour per person (30 minutes before presenting on Module 100 at the end of the cohort and 30 minutes to debrief after the final presentation of Module 100)</p>	<p>ESTIMATED TOTAL: 2 HOUR</p>

Authorization is NOT guaranteed.

This apprenticeship includes content that may be emotionally triggering. Please ensure you have done previous work on your own trauma or have outside support during this apprenticeship.

Missing required course content, assignments and meetings may adversely impact authorization.

Total Estimated Time Commitment: *Estimated time is approximately 100 hours*

Questions: Julie Kurtz at optimalbrainintegration@gmail.com