

VIRTUAL TRAINING



At the **Center for Optimal Brain Integration® (COBI)**, we specialize in both onsite, in-person professional development, and online training sessions. Online training may be 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.

Ask about our modules conducted in English, Spanish and Chinese

Core VIRTUAL Training Modules

Content: Participants learn about the foundational concepts and strategies for understanding trauma and resilience.

Pre-requisite: None

Length: Each core training is approximately 6 hours in length. Content may be delivered in a sequence of shorter sessions.

Languages: Request modules in English, Spanish and Chinese. We have authorized trainers in many of the modules.

- 100: Overview of Trauma for Educators
- 100: Overview of Trauma for Parents and Families
- 100: Overview of Trauma for Leaders and Supervisors
- 100: Overview of Trauma for Clinicians, Mental Health and Social Service Providers
- 100: Overview of Trauma for Emergency First Responders
- 100: Overview of Trauma for Young Children with Disabilities and Special Needs

Going Deeper VIRTUAL Training Modules

Content: Participants are guided through a range of interactive activities to practice implementation of the concepts and strategies learned in one or more of the Core Trainings.

Prerequisite: Must have attended a CORE Training Module.

Length: Hours may be adapted based on program need but are typically 6 hours in length. Content may be delivered in a sequence of shorter sessions.

Languages: Request modules in English, Spanish and Chinese. We have authorized trainers in many of the modules.

- 200: Application & Practice of Trauma-Responsive and Resilience-Building Strategies Learned in Module 100
- 201: Looking at Trauma-Responsive and Resilience Building through the Lens of an Individual Child
- 202: Developing Trauma-Responsive and Individualized Support Plans for Children
- 300: Self-Awareness and Self-Care Strategies for Adults to Promote Self-Care
- 301: Culturally Responsive Self-Care Practices
- 400: Trauma-Responsive and Resilience Building Family Engagement Providers
- 500: Trauma-Responsive Leadership and Supervision
- 600: Trauma-Responsive Programs, Schools and Systems of Care

** The most popular training series to begin are Module 100, 200, 300*

Spotlight VIRTUAL Training Modules

Content: Participants focus on one key concept or strategy included in a Core training. The following are several examples of possible Spotlight Topics. We can create a Spotlight training based on your program's specific needs.

Pre-Requisite: None

Length: 1-2 hours

Languages: Request modules in English, Spanish and Chinese. We have authorized trainers in many of the modules.

- 3 R's of Reflective Supervision
- 4 Steps to Grow Human(E) Beings
- ACES: Understanding Adverse Childhood Experiences
- Adult Sensory, Emotion and Body Awareness
- Adult Triggers and Emotional Buttons
- Adult Self-Awareness, Self-Care and Resilience (Part 1)
- Adult Self-Awareness, Self-Care and Resilience (Part 2)
- Be Your Own Emergency First Responder in Times of Stress
- Being a Brain Architect vs Behavior Manager for Children
- Bridging ACES Aware to Educators (Bridging the CA Surgeon General ACES Aware Initiative to Educators)
- Breathing for Life: Learning Breathing Techniques for Adult Well-Being
- Building a Healthy Internal Dialogue for Adults and/or Children
- Building a Self-Regulation Toolkit
- Burnout and Compassion Fatigue
- Coaching Strategies to Support Trauma Responsive Care
- Culturally Responsive Self-Care Practices
- Create Safe Spaces, Places and/or Bins for Children to Promote Regulation

Spotlight **VIRTUAL** Training Modules (continued)

- Create Trauma Responsive Policies and Procedures
- Creating Grounding and Safety for Adults and/or Children
- Developing Curriculum to Teach Children about their Brain
- Defining Trauma Responsive Care for your Program
- Difference Between a Trauma Trigger and a Challenging Behavior
- Embedding Mindfulness into Leadership and Supervision
- Emotional Literacy
- Environment Triggers that Affect Arousal States
- Environments that Support Regulation
- Examining Transitions to Promote Safety and Prevent Challenging Behavior
- Family Engagement Strategies for Educators
- Growing Human(E) Beings: A Job of Superheroes!
- Healing the Brain from the Bottom Up
- Health and Wellness Toolkit for Adults
- Helping Children in Times of Stress, Transition, Loss or Change
- Leading Organizations through a Trauma Responsive Lens
- Learning how to Keep Children in the "Window of Tolerance"
- Learning About the Different Parts of the Brain and How it Impacts Behavior
- Meaning Behind Challenging Behavior
- Mindfulness for Adults
- Mindfulness Strategies to Use with Children
- Moving Organizations from Trauma Inducing to Trauma Responsive and Resilience Building
- Neurobiology of a Trauma Trigger
- Neuroplasticity and the Power to Rewire the Brain
- Neurobiology of Stress on the Brain and Behavior
- Objects and Activities that Calm the Sensory System
- Positive Parenting Strategies: Nurturing and Responsive Relationships
- Positive Parenting Strategies: Predictable and Safe Environments
- Positive Parenting Strategies: Sensory and Emotional Literacy
- Positive Parenting Strategies: Managing Big Emotions and Self-Regulation Strategies
- Positive Parenting Strategies: Teaching Children Problem Solving Skills
- Parenting Children and Building Resilience Through Social-Emotional Skills - A 10-part series for caregivers, parents and families
- Positive Parenting Strategies: The Meaning Behind Challenging Behavior: What is this a Case of?
- Preventing Challenging Behavior
- Parenting and Strategies to Support Social-Emotional Development
- Predictable Routines
- Predicting Burnout
- Relationship and Strength-Based Leadership
- Resilience and Factors that Buffer Stress
- Sensory Literacy
- Strategies that Calm the Sensory System
- Strategies to Support Children's Emotional Regulation
- Strategies for Building Resilience: Engaging Executive Functioning Skills and Problem-Solving Steps
- Strategies for Building Resilience: Children with Sensory Processing Challenges
- Story Books for Children Who have Gone Through Stressful or Traumatic Events
- Strategies for Building Resilience: Strengthening Self-Regulation and Managing Big Emotions
- Strategies for Building Resilience: Teaching Sensory and Emotional Literacy
- Strategies for Breathing with Children
- Supporting Children Who Have Experienced Toxic or Traumatic Stress
- Stress and the Body
- Teaching Children about their Brain
- Adult Temperament: Cultivating Self-Awareness
- Child Temperament
- The Impact of Toxic Stress on the Brain, Body and Behavior
- The Power of Mirror Neurons
- The Science of Building a New Habit
- Top T.I.P.S to Support Children in Times of Uncertainty and Stress
- Top 5 Trauma-Responsive Strategies for Educators
- Top 5 Trauma-Responsive Strategies for Supervisors/Leaders
- Trauma-Responsive Supervision
- Trauma-Responsive Core Principles for Systems and Organizations
- Using Storybooks to Support Children who Have Gone through Stressful or Traumatic Experiences
- Using Present Moment Attunement and Co-Regulation to Support Children
- Using the Trigger Stop APP to Promote Sensory and Emotional Literacy
- Visual Schedules that Promote Regulation
- What Does It Mean to Give Every Child a Voice?
- Strategies to use when a child is in their reptile, mammal or CEO brain
- Zones of Self-Awareness and Being Your Own Emergency First Responder

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