



## TRAUMA INFORMED PRACTICES - APPRENTICE TRAINING OF TRAINER TIME COMMITMENT

Apprentice Activity	Phase 1 Learning Phase	Phase 2 Practical Application Phase
<p><b>Module 100 <u>An Overview of Trauma</u>: Trauma-Informed Practices - Relationship-Based Approaches that Support Healing and Build Resilience in Children</b></p> <p>Trauma-Informed Practices module 100 provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and adult, the Adverse Childhood Experiences Study (ACES) and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide attendees to understand trauma as well as its impact on children's brains, behavior, learning, and development. The training introduces a range of trauma-informed strategies they can use to create strength-based environments that support children's health, healing, and resiliency.</p> <p>The strategies learned are best practices and good for ALL children (behavioral challenges, trauma, disabilities, special needs, sensory, mental health vulnerabilities etc.)</p>	<p><b>Module 100</b></p> <ul style="list-style-type: none"> <li>Attend and observe mentor trainer conduct Module 100 (8 hours)</li> </ul> <p><b>TOTAL: 1 DAY</b></p>	<p><b>Module 100</b></p> <ul style="list-style-type: none"> <li>Attend and train Modules 100 under the support of a mentor trainer (8 hours)</li> </ul> <p><b>TOTAL: 1 DAY</b></p>
<p><b><u>Training of Trainer Meetings</u></b></p> <ul style="list-style-type: none"> <li>3 hours each meeting</li> <li>To review and learn training content and concepts.</li> <li>To prepare for modules.</li> </ul>	<p><b>1 half day</b> before Module 100  <b>1 half day</b> after Module 100  <b>1 half day</b> after Module 100  <b>1 half day</b> after Module 100</p>	<p><b>1 half day</b> before Module 100  <b>1 half day</b> after Module 100  <b>1 half day</b> before Module 100  <b>1 half day</b> after Module 100</p>

<ul style="list-style-type: none"> <li>• To practice training using adult learning styles and trauma sensitive training strategies while demonstrating an understanding of the content and concepts.</li> <li>• Receive training “guides” to follow during the training to maximize learning of content.</li> <li>• Plan ahead for future modules and debrief the co-training of the module training.</li> <li>• Practice training on the content.</li> </ul>	<b>TOTAL: 2 DAYS</b>	<b>TOTAL: 2 DAYS</b>
<p><b>Community of Practice Meetings</b>  <b>Attend Community of Practice (CoP) Meetings</b></p> <ul style="list-style-type: none"> <li>• 2 hours each meeting</li> <li>• Community of Learning is a critical component deepening the understanding of key Trauma Informed Care Topics.</li> <li>• Read one chapter prior to each CoP from the book: Nicholson, J., Perez, L., &amp; Kurtz, J. Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children. Routledge.  Or  Levine, P, Kline, M. Trauma Through a Child's Eyes  These meetings follow a reflective practice module.</li> </ul>	<p>2 hours before Module 100  2 hours after Module 100  2 hours before Module 100  2 hours after Module 100</p> <p><b>TOTAL: 1 DAY</b></p>	<p>2 hours before Module 100  2 hours after Module 100  2 hours before Module 100  2 hours after Module 100</p> <p><b>TOTAL: 1 DAY</b></p>
<p><b>Outside Reading Requirement</b>  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><b>4 Reading Reflection Forms from Assigned Book</b>  Chapter 1-4 in Phase 1</p> <p><b>ESTIMATED TOTAL: 1 DAY</b></p>	<p><b>4 Reading Reflection Forms from Assigned Book</b>  Chapter 5-8 in Phase 2</p> <p><b>ESTIMATED TOTAL: 1 DAY</b></p>

<p>Book Recommended for Purchase found on Amazon:  Nicholson, J., Perez, L., &amp; Kurtz, J. Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children. Routledge.  Or  Levine, P, Kline, M. Trauma Through a Child's Eyes  These meetings follow a reflective practice module.</p>		
<p><b><u>Portfolio and/or other Technical Support</u></b>  Each apprentice will have 1:1 phone time for TA support before and after the Phase 2 Module 100 training to be able to review their assigned slides.  Each apprentice will submit a portfolio at the end of apprenticeship be reviewed by the mentor trainer from Center for Optimal Brain Integration. This portfolio will be reviewed to determine authorization. This includes a requirement of 8 reflection forms, attendance at all meetings/trainings: CoP and ToT meetings and module trainings.</p>	<b>ESTIMATED TOTAL: 1 Day</b>	<p><b>Apprentice Portfolio Due</b>   <b>ESTIMATED TOTAL: 1 Day</b></p>

**Authorization is NOT guaranteed**

**This apprenticeship includes heavy content that may be triggering emotional for some.**

<b>Total number of days: 12</b>	<b>Phase 1 = estimate of 6 days</b>	<b>Phase 2 = estimate of 6 days</b>	<p><b>Total Estimated Time Commitment: 12 days*</b>  <i>*Estimated time may not include the time preparing for slides to train in Phase 2 and does not include writing reflection forms.</i></p>
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