

The Basics *Essential Elements To Get Started*

Heard about a trauma informed approach but want to know what it all means? Join us online in *The Basics*, a 90-minute training session that provides an overview of the key concepts behind a trauma-informed approach. You will be introduced to the foundational concepts and develop a shared language that can be used across a variety of sectors, including healthcare, education, law enforcement, social services, child welfare, criminal justice, and many more.

*The Adverse Childhood
Experiences Framework*

*Social & Historical
Trauma*

*The Body
& Brain*

Resilience

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Only \$99

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****Completion of *The Basics* sets the foundation for *The Resilience Champion Certificate*. You will receive \$50 off the *Resilience Champion Certificate* upon completion of *The Basics*!****

The Resilience Champion Certificate

Move From Aha! to Action

Understand *The Basics* of a “trauma-informed” approach but don’t know how to get started? Join us online in this self-paced 6-week training designed to support both individuals and teams who want to apply the concepts from *The Basics* and lead their organizations or communities on the path to resilience. By the end of this course, you will walk away with concrete next steps to begin the process of integrating trauma-informed approach into your setting.

Section 1

*What is a
Resilience
Champion?*

Section 2

*Exploring
Your Why*

Section 3

*Developing
Your Culture*

Section 4

*Assessing
Your Setting*

Section 5

*Defining Your
Goals*

Section 6

*Focusing on
an Action Plan*

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info at

