

## RESILIENCE EMPOWERMENT PROGRAM (REP)

# Stress & Resilience Trainings

- ✓ Staff
- ✓ Direct Care Staff
- ✓ Community Members
- ✓ Leadership

STRESS & RESILIENCE TRAININGS | \$3,300 FOR FULL 6 SESSION SERIES  
CUSTOMIZABLE | \$275 PER HOUR

6 Sessions, 1.5-2 hours each

- **SERIES 1- UNDERSTANDING THE EFFECTS OF TOXIC STRESS- 3 SESSIONS**
  - *Impacts of Toxic Stress and Vicarious Trauma (Parts 1 & 2)* – Learn how toxic stress and trauma have an impact on our brains and bodies with a heavy focus on neurobiology and behaviors that are expected in a dysregulated system. Understand the impacts of trauma work including vicarious trauma and the impact work has on our bodies and brains. (If applicable, learn how the teen brain functions differently and how trauma during development can affect "adult" behavior.)
  - *Building Resilience* – Build our resiliency toolbox by deepening our understanding of our own window of tolerance, self regulation, and vicarious resilience. Also, participants will discuss how to build resilience as a protective factor to help mitigate the negative outcomes of toxic stress and trauma.
- **SERIES 2- SUPPORTING TRAUMATIZED CLIENTS- 3 SESSIONS**
  - *Supporting Traumatized Clients by Creating Safety* – Participants gain in-depth information on the value and importance of shifting to a strengths-based approach when working with people who have experienced trauma. This training will discuss the factors needed to create felt safety in being a supportive adult. It will address the difference between "being safe" and "feeling safe," and help supportive adults understand that felt safety addresses physical, social, emotional, and psychological elements in the environment.
  - *Supporting Traumatized Clients by Building Relationships* – Participants expand on creating safety by learning effective communication skills with traumatized clients. Participants will also learn tools to increase the odds of building trust and how attachment styles play a role. Finally they will learn techniques for de-escalation and upregulation when our clients are shut down.
  - *Supporting Post Traumatic Growth* – No one is past the point of healing or growth but it can feel like it to our traumatized clients. Participants will learn strategies and tools to support post traumatic growth and build hope in the sometimes hopeless.
- **Additional sessions**
  - *Attachment and Building Relationships*
  - *Self Regulation Strategies*
  - *Basics of Trauma*

This program is fully customizable per organization and can be tailored to any organization working with individuals especially those who have experienced trauma or are minors.