

## Course Catalog

**Continuing Education Units (CEUs) are available for all classes listed below.**

Our trainings are offered throughout the year and can also be scheduled based on your team's schedule. See Course Details page for more information.

### **40 Developmental Assets**

Participants will learn ideas on how each of us can contribute to the health and well-being of our children and youth. Instructors for this course have been trained through the Search Institute.

### **Basics of Mindfulness**

Participants will learn and practice strategies to be present in everyday moments in a nonjudgmental way. Participants will learn how mindfulness benefits the brain, the body and promotes emotional regulation. This course is taught by a Licensed Master Social Worker.

### **Building Relationships Through Art Therapy**

Learn and practice Art Therapy techniques that help foster positive relationships with students. Facilitator for this course has a Master's in Art Therapy.

### **Cognitive-Behavioral Techniques for Student Support**

Participants will be given an overview of cognitive behavioral therapy and techniques to provide individual supportive guidance to students in a school setting. Topics include: bullying, negative classroom behavior, academic support, and dealing with stress. This course is taught by a Licensed Professional Counselor.

### **Conflict Management for Professionals**

The "Six Steps to a Culture of Workplace Peace" training provides in-depth knowledge and tools needed for teams, leaders, and organizations to create a peaceful work environment that allows everyone to function and be healthy in the face of conflict. Parts of this training were adapted from the Duncum Center Solutions of Addison, Texas. Instructor has Master's level training in Conflict Resolution and Mediation.

### **Getting Relationships Right**

Learn ideas on how each of us can contribute to the health and well-being of our children and youth by expressing care, challenging growth, expanding possibilities, sharing power and providing support. Instructors for this course have been trained in Developmental Relationships through the Search Institute.

### **Mental Health Awareness**

Learn signs and symptoms of mental health challenges and possible illness. Participants will learn how to recognize possible red flags of a mental health challenge and how to respond. This course is taught by a Licensed Master Social Worker.

### **Peace Culture: Navigating Students Through Internal and External Conflict**

Adolescence, a time so full of changes that it becomes the most ideal environment for conflict to exist. This training offers activities and lessons that can be used with middle and high school students to help them respond to conflict and manage it properly to create a culture of healthy living and well-being. Parts of this training were adapted from Abilene Christian University and Duncum Center Solutions of Addison, Texas. Instructor has Master's level training in Conflict Resolution and Mediation.

### **Reality Oriented Physical Experiences (ROPES)**

Participants will take part in a series of initiatives and physical elements facilitated by specially trained staff. Initiatives are designed to promote personal growth, enhance life skills, and improve group cohesion and interaction. All activities are facilitated by a trained ROPES Facilitator.

### **Restorative Practices**

Learn about building relationships by promoting inclusion, social/emotional learning, participation, and shared values in the classroom. Trainers for this course have been certified through the Texas Education Agency.

### **Trauma Informed Care**

Review the definition of trauma and learn what it means to be trauma informed; how trauma affects the brain and the importance of attachment. Participants will be introduced to Adverse Childhood Experiences (ACE's) and gain tools to create a trauma informed classroom. This course is taught by a Licensed Master Social Worker.

### **Trust-Based Relational Intervention-Caregiver Training® (TBRI)**

Learn about an attachment-based, trauma-informed care model that was developed by two developmental psychologists studying high risk children. TBRI® uses empowering principles to address physical needs, connecting principles for attachment needs, and correcting principles to disarm fear-based behaviors. This course is taught by a TBRI Practitioner trained through the Karyn Purvis Institute of Child Development at Texas Christian University.

### **Understanding Adverse Childhood Experiences (ACE's)**

Participants will learn information about the developmental neuroscience, epigenetics, and results of the ACE Study. Participants will come away with tactics and strategies to operationalize this knowledge in their respective communities. Instructor has been trained through the Dr. Rob Anda's ACE Interface Master Trainer Education program licensed by UT Health.

### **Youth Mental Health First Aid (YMHFA)**

Learn common mental health challenges for youth and a 5-step action plan for how to help young people in both crisis and non-crisis situations. This course is taught by Certified Youth Mental Health First Aid Instructors.