

Course Catalog

Continuing Education Units (CEU's) and Continuing Professional Education (CPE) credits 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. **Courses which include a laptop icon indicates those that are also offered virtually.** 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.

Conversations on Cultural Competence

In this highly interactive course participants will leave with a better understanding of cultural competence and will learn how important cultural competence is to our global economy. It is important that we understand how to work with people of diverse cultural backgrounds, therefore participants will have the opportunity to be part of conversations that highlight the diversity and difference among us. Trainers for this course have had extensive training on cultural competence and have lived experience.

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 Mediations.

Experiential Learning (ROPES)

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


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. 

Restorative Practices

In this series of highly interactive courses participants will learn about repairing harm and restoring relationships. Techniques and strategies learned will help with classroom, behavior, and organizational management. Topics can include community building circles, re-entry circles, restorative conversations, and staff transition circles. Participants will learn strategies for promoting a healthy climate and culture to their school or organization. Trainers have experience implementing Restorative Practices in school-based and youth development program settings.

STEM Family Night

Learn the nuts and bolts of planning and hosting a school-wide STEM Family Night. CIS provides training, planning guide, and a selection of 20 TEKS-aligned STEM activity kits. School can select up to 8 station kits that are prepped and ready to go for up to 500 participants! The school site is responsible for providing staff to manage the event and stations.

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.

Ready to sign-up or have questions?

Contact: Shelly Bosse Community Initiatives Manager sbosse@cissa.org or 210.520.8440, ext. 305