

TRAINING TOPICS- TRAUMA SPECIFIC

ROBIN BLUMENTHAL
769 N ARIZONA ESTATES LOOP
TUCSON, AZ 85748
520.245.3003
WWW.ROBINBLUMENTHAL.ORG
ROBINJBLUMENTHAL@GMAIL.COM

OVERVIEW OF ACES: 1.5 HOURS

This training covers the Adverse Childhood Experiences study, an overview of ACES and ACE categories, the short and long-term impact of ACEs, and local/national data. Participants will walk away with a foundational understanding of ACEs and why a Trauma-Informed Lens is vital in our work with others.

TRAUMA AND TOXIC STRESS: 1.5 HOURS

This training covers the types of toxic stress and their impact on development and behavior; trauma and its connection to behaviors; coping mechanisms and unresolved trauma; the trauma-informed approach; vicarious trauma and practical strategies for support.

RESILIENCE: 1.5 HOURS

This training covers the strength-based perspective; resilience; Strengthening Families Protective Factor Framework; principles of trauma-informed care, and supporting post-traumatic growth.

THE PREDICTIVE BRAIN: 1.5 HOURS

Neuroscience shows us that our brain is far more predictive than we realize. Participants will gain a greater understanding of the research showing how our brains predict safety or threat and what that means in our classrooms, faith communities, businesses, homes and more! We will also discuss tools and resources for helping our brains (and the brains of those around us) to predict safety.

ACES & SUBSTANCE ABUSE DISORDER: 1.5 HOURS

Gain an understanding of how childhood trauma increases risk behaviors and contributes to opioid use disorder as well as how trauma affects the care and treatment of individuals with substance use disorder.

TRAUMA INFORMED CERTIFICATION: 6 HOURS

This 6-hour course, developed by Community Resilience Initiative, covers a basic understanding of trauma, discusses neuroscience, epigenetics, ACEs, resilience; the safety, learning, connection networks of the brain, and more. 6 CEU's are available for Social Workers through WWU for an added fee.

TRAINING TOPICS- RELATING TO CHILDREN/TEENS

TRAINING OPTIONS CAN BE LIVE OR VIRTUAL
(INTERACTIVE ZOOM OR WEBINAR FORMAT)
BIO, ENDORSEMENTS, TRAINING SAMPLERS
AVAILABLE AT WWW.ROBINBLUMENTHAL.ORG
FOR PRICING, CONTACT ROBIN AT
ROBINJBLUMENTHAL@GMAIL.COM

ADULTS SUPPORTING YOUTH WITH CHALLENGING PASTS™: 1-8 HOURS

This curriculum from the creators of Love and Logic® will cover how trauma affects the brain; understanding intense and upsetting behaviors; the science behind healthy attachment relationships; avoiding power struggles, overcoming defiance, and guiding these youth toward success. Participants will walk away with specific strategies to use in their home, class, or setting.

9 ESSENTIALS OF THE LOVE AND LOGIC® CLASSROOM™: 1-8 HOURS

This curriculum from the creators of Love and Logic® covers such topics as avoiding power struggles, empathy, neutralizing student arguing, the recovery process, guiding students to own their problems, and creating low-stress classrooms. Participants will walk away with specific strategies for classroom use.

PARENTING THE LOVE AND LOGIC® WAY™: 1-8 HOURS

This curriculum from the creators of Love and Logic® covers such topics as sibling rivalry, arguing, avoiding power struggles, what to do when kids drain your energy, enforceable statements and more! Participants will walk away with specific strategies for use within their home.

INSIGHTS FROM MOTHER & DAUGHTER: 1 HOUR

Designed for groups who deal with children/teens from hard places, this session is all about building relationships. Our daughter, Angel, joined our family after being in the AZ foster care system for 3.5 years. She had 25 disruptions and moves prior to joining our family. One year later, we adopted her and she gained her forever family. Angel has taught us so much about resilience and the strength it takes to trust and rebuild a life. She is 16 and together we share some best practices for navigating tumultuous waters, steps to build love and trust, and cast vision for a hope-filled future.

WHERE IN THE ZOO ARE YOU? 1 HOUR

Trauma affects all of us in different ways. We might all experience the same event, but our past, our circumstances, and our perception make our experiences unique. In Robin's new children's book, *Where in the Zoo Are You?*, there has been a flood in the zoo and when the zookeepers are finally able to enter, they discover that the animals' responses and experiences are different. Participants will get a chance to experience the trauma through the eyes of the animals, learn the roles of empathy and compassion, and relate this to the current trauma of COVID (or any other large-scale trauma). Great for families/groups too!

TRAINING TOPICS- INSPIRATIONAL, VOLUNTEERS, & MORE

ROBIN BLUMENTHAL
769 N ARIZONA ESTATES LOOP
TUCSON, AZ 85748
520.245.3003
WWW.ROBINBLUMENTHAL.ORG
ROBINJBLUMENTHAL@GMAIL.COM

FINDING AND KEEPING GREAT VOLUNTEERS: 1 HOUR

Our schools, churches, and non-profits run on volunteer power! The problem is, we often do not know where to find volunteers, how to treat volunteers, and how to keep them coming back. Join us to learn valuable best practices to recruit, train, empower, and appreciate the volunteers that enable our organizations to thrive!

SET YOUR ANCHOR: 1 HOUR

Life is hard, setting our anchor is vital for survival. Who or what is your anchor? How do you become an anchor for those around you? When your anchor is set, life's storms won't wreck you, challenges won't defeat you, roadblocks won't stop you. Additionally, studies show that relationships are one of the best protective factors when it comes to healing from trauma. When our anchor line is strong and firmly attached, we can be a much needed life-line to others!

IF MAMA AIN'T HAPPY...: 1 HOUR

Likely you have heard the phrase: "If mama ain't happy, ain't nobody happy." But this doesn't just apply to Mama! When we are not personally regulated and taking good self-care, we can't help those around us - no matter who they are. What does self-care look like? How do we manage to care for ourselves and care for others? Compassion and empathy must be inward focused before we can truly love others. Learn strategies and tools for self-care - because when Mama IS happy, everyone benefits.

TRAUMA INFORMED CHILDREN AND YOUTH MINISTRY: 2 HOURS

Being trauma-informed changes the way we look at, engage with, and minister to children and teens. Whether you are teaching a class, leading a small group, taking students on an outing or to camp, the principles we will discuss and the tools you will receive will help you to better reach your children and teens. When we understand why the life stories they bring into our programs matter (and how they affect both us and them), we are better able to handle the toughest challenges and change more lives!