



# CCC Training Menu

Following is a list of trainings and training topics offered by CCC Clinical Director Julie Redding, LCPC, Elin MacKinnon, LCSW, and CCC Executive Director Charley Martin-Berry, to service providers, educators, community leaders, community members and volunteers. Any or all may be tailored to a particular organization, role or specific need.

## Trauma

### Trauma and its Impacts on Children

#### Trauma Informed Care

According to SAMHSA's concept of a trauma-informed approach, "A program, organization, or system that is trauma-informed:

- *Realizes* the widespread impact of trauma and understands potential paths for recovery;
- *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices;
- *Seeks to actively resist re-traumatization.*"

This training will cover the basics of trauma with a focus on helping agencies and organizations and individual staff assess their own trauma informed approach. Handouts include tools for organizational assessment of trauma informed care. **1-2 hours**

### Supporting Kids after Losses, Disasters or Traumatic Events

#### Thriving after Trauma

Some people bounce back after trauma and others have more trouble. What can trauma recovery look like? How do risk and protective factors influence recovery. This training is designed for staff who work with individuals who have been affected by trauma with a focus on resiliency and healing. **1-2 hours**

#### Vicarious Trauma

This training is designed for helping professionals affected by exposure to trauma. We will focus on how our world view and lives are changed by working in the field of trauma and identify skills and resources to stay healthy. **1-3 hours**

## Behaviors & Family Structure

### Aggression in Kids

### Biting and How to Deal with it

### Discipline

## **Establishing Family Rules and structure – What Works?**

Many families have difficulty maintaining structure, yet most children appear to thrive on structure and routine. Well-intentioned but poorly developed ‘behavior charts’ often fail and can even make some problems worse. This training will give you some tools to help families identify what family rules they want to establish and ideas on how to do it.

## **Managing Behavior with Natural and Logical Consequences**

One useful tool for parents and caregivers to consider is shaping and managing behavior through the use of natural and logical consequences. In this training we will define what it is, compare it to punishment, see some examples in action and practice how to use them. **1-2 hours**

## **Power Struggles**

## **Structure vs Flexibility – which to use when**

Sensory & Regulatory Issues

## **Coping Skills for Kids**

## **How to Incorporate Opportunities for Sensory in Daily Activities**

## **Regulation Issues**

## **Sensory Issues**

Sleep Disturbances, Separation & other Childhood Issues

## **Separation Difficulties**

## **Sleep Disturbances**

## **Transitions**

Classroom

## **How to incorporate Emotional literacy into your setting**

## **Incorporating movement in the classroom**

## **Interpreting play – what does it mean?**

## Poverty

**Poverty Facts and Myths:** How poverty impacts people across the life span

**Poverty and its Impact on Children**

**Poverty and Risk Factors**

**Principles of Two-Generation Approaches**

## More Trainings

### Children's Mental Health

This training gives an overview of children's mental health:

- What does it mean to be a mentally healthy infant, child or adolescent?
- What are some danger signs of mental health problems?
- What are some of the typical mental health issues seen in children?
- How are these problems treated?
- Where can you find more information?

### Difficult Conversations with Parents

#### **Ethical Dilemmas - How to use an ethical decision making model when you're not sure what to do**

Helping relationships are complex, especially in rural settings where dual relationships are unavoidable. This training explores ethical issues inherent in dual relationships as well as other ethical problem areas. From a social work perspective we will explore 2 ethical decision making models that can help clarify the issue and identify possible solutions. **2 hours**

#### **Genograms and Ecomaps; Tools You Can Use with Families**

This training introduces participants to the use of 2 simple pencil and paper tools that can help with assessment and relationship building. We'll explore how these 'visual maps' can help in identifying family history, health, relationships, patterns, challenges and goals. We'll focus on these as 'hands-on' tools that can be used directly with adolescents, adults and many children. **1-3 hours**

#### **The Healing Garden – Horticulture as Therapy**

This training explores the use of plants and gardens in healing. Horticultural Therapy (HT) is one approach that has been found to be effective in many settings with many populations. This training explores what it is and how it works with a focus on HT in children's mental health. **1.5 - all day.**



*Lengthier trainings include opportunities to explore more in depth as well as hands-on opportunities to try some low and no cost plant related activities that can be utilized in many settings.*

## **Making Reports**

## **Self-care for helpers**

## **Services for kids/families in our area – what they offer and how to access them**