# Introduction & Welcome

## Overview of Day 1

Logistics & outcomes

Introduction & Lectures
- What is Trauma
- Definition of Trauma
- Causes of Trauma
- Stress & Environment

Exercise

Introduction & Lecture on
- Trauma related Disorders

Introduction & Lecture on the Foundations of:
Trauma Informed Coaching
- Coaching the Trauma Survivor
- Getting Started in the Field
- Coaches due diligence
- ICF Trauma Informed Care Resource Guide
- ICF Referring a Client

Exercise

Introduction & Lecture on Journaling as a Resource
- How to journal
- Who should journal
- Why is journaling important

Review of Day 1

## Overview of Day 2

Logistics & outcomes

Introduction & Lecture on Brain Science
- Amygdala
- Hippocampus
- Thalamus
- Prefrontal Cortex

Exercise

Disorders
- Anxiety disorder
- Obsessive Compulsive disorder
- Panic disorder
- Social Phobia's

Exercise

Lecture on Central Concepts to Effectively work with Trauma Survivors
- Awareness
- Goal Setting
- Visualization
- Understanding

Coaching demonstration

Exercise

Grounding technique
Case Study, VAK, Dan Siegel video
- Window of Tolerance
- Empathy & Compassion
- Co-Creating Progressive Solutions
- Leaving your Agenda Behind

Exercise

Introduction & Lecture on Timeline

Exercise

Review of Day 2
Overview of Day 3
Logistics & outcomes

Introduction & Lecture on In Time or Through Time
Demonstration
Exercise

Introduction & Lecture on Restorative Coaching
- Self Awareness
- Emotional Stability
- Finding your Tribe
- Self Care

Introduction & Lecture on Client Regulation
- Sensory work
- Compassion for Self
- Meditation & Mindfulness
- Resetting the Nervous System
- Freeing the Body
- Mastering Concepts
- Emotional Intelligence
- Finding Peace
- Forging a New Path
- Integration
- Contribution
Exercise

Introduction & Lecture on Grounding Tools for Dealing with Trauma
- Process Slowning
- Staying on Solid Ground
- Physical Activity
- Finding your Rock
- Controlling your Arousal Level
- Learning Self Soothing
Exercise

Introduction & Lecture on Controlling Arousal Levels
- Manage Activation
- Educate on Your Process
- Feel & Experience Safety
Exercise

Overview of Day 4
Logistics & outcomes

Introduction & Lecture Trauma Informed Coaching
- Establishing an Agreement
- Setting the Outcome
- Building Rapport
- Committing to Action
- Key Outcomes
- Accountability
Exercise

Introduction & Lecture on Levels of Listening
- Level 1, Internal Listening
- Level 2, Intentional Listening
- Level 3, Global Listening

Introduction & Lecture on How Trauma Affects the Body

Introduction & Lecture on Enrolling Questions & Coaching Presence
- Creating & Holding Space
- Non-Judgement
- Safety
- Support
- Exploration

Introduction & Lecture on Emotional Trauma
- Common Types of Emotional Trauma
- Common Emotional Responses to Trauma
- Healing from Emotional Trauma
Setting up Exercise on Aligning Perceptual Positions
- Self
- Other
- Observer
- Us or We

Exercise

Introduction & Lecture on Approaches to Trauma & Intervention Techniques

Intervention Techniques
- EMDR, Somatic Therapies, Hands on Therapies
- Craniosacral Therapy, Imagery based Therapies
- Corrective experiences, Cognitive Behavioral Therapy
- Pattern Interrupt, Peers, Self Help

Review of Day 4

Overview of Day 5
Logistics & outcomes

Introduction & Lecture on Suicide Ideology (Impact on Provider/Coach/Self Care)
- Signs of Suicide
- What to do
- Working with a Suicidal Trauma Survivor
- Resources (Refocus, Reconnect, Re-enter)

Exercise

Introduction & Lecture on Signs of Healing
- Relabeling
- Changed stories
- Self regulation
- Victim mentality is shelved
- Symptoms are being controlled
- Assuming the “New Me” position

Exercise

Case Study on Post Traumatic Growth
Documentary on Trauma – (assign as watching material)
Exam
Review and Grading of Exam
Review of the past 5 Days
Ensuring outcomes have been met
Q&A
Sharing our Wins (each learner shares)
Close