



COMMUNITY PROGRAMS TRAININGS & WORKSHOPS



Introductory Trainings on Trauma and Resilience

These trainings focus on developing a foundational understanding of trauma and trauma-informed practice. Topics covered include the Adverse Child Experiences study (ACES), trauma's impact on the brain, development, and behavior, and strategies to build individual and community resilience. These trainings can be tailored to an agency, organization, or group's specific areas of interest and needs.

Trauma-Informed Strategies

Building upon the introductory trainings, these trainings focus on more in-depth strategies to better recognize, respond to, and support those with adverse life experiences. Topics may include but are not limited to: regulation and co-regulation; routines and rituals; trauma-informed de-escalation techniques; and building authentic and positive relationships. These trainings can be tailored to an agency, organization, or group's specific areas of interest and needs.

The Impact of Trauma Exposure on Professionals & Trauma-Informed Supervision

These trainings explore the signs and symptoms of trauma exposure (vicarious trauma and secondary traumatic stress), ways professionals are impacted in work settings, and strategies to create a culture of wellness. Trauma-informed supervision explores the role of a supervisor in supervision, how to create a psychologically safe supervisory environment, and how to identify and offer support to staff experiencing vicarious trauma.

Self-Care & Wellness

These trainings explore topics such as mindfulness; love and kindness; boundaries, breaks, and balance; and more. Learn to practice self-care and promote wellness in a variety of personal and professional settings, depending on your needs and areas of interest.



Mandated Reporting & Child Safety

These trainings cover the requirements of a mandated reporter and the process of how and why we report child abuse; how to spot the signs and symptoms of child abuse in both in-person and virtual settings; and strategies for preventing child abuse.

Film Screenings and Discussions

Greater Richmond SCAN offers screenings of the documentaries *Resilience* and *Paper Tigers*, followed by post-film discussions. *Resilience* (60 min.) chronicles the birth of a new movement among pediatricians, therapists, educators, and communities who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease. The film portrays a dynamic group of individuals who are proving that cycles of disease and adversity can be broken and is followed by a 30-minute discussion. *Paper Tigers* (100 min.) follows six students over the course of a school year as a new trauma-sensitive program is implemented in Washington State and is followed by a 20-minute discussion.

Collective Impact: The Role of Individuals and Systems in Developing Resilient Communities

Explore the history and current landscape of trauma-informed community networks (TICNs) across Virginia and the role of Greater Richmond SCAN as the creator of the first TICN and coordinator for the VA TICNs. Topics discussed include how to create and sustain a TICN, accomplishments and outcomes at the local and state-wide level, and TICNs connection to policy and advocacy.

Brain Architecture Game

The Brain Architecture Game is an interactive tabletop experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, and what consequences it has for society. This activity is optimized for groups and needs at least 45 minutes to fully play and learn. It can be done as an independent workshop or incorporated as a part of other trainings.

**WANT TO REQUEST A TRAINING
OR WORKSHOP? [CLICK HERE!](#)**

