



# TRAUMA KNOWLEDGE<sup>®</sup> MASTER CLASS

## MODULE TITLE & SESSION SYNOPSIS

### Module 1- Trauma & Attachment Knowledge

- **Session 1: Remember Where Your Child Has Come From**
  - The most important place to begin a course like this is to understand where our children have come from. In this session we will make a case for our children's traumatic pasts. If parents can grasp the fact that their past trauma has changed everything, it will set them up to go deep through the rest of the course.
- **Session 2: How Trauma Changes The Brain**
  - In this session we will give a simplistic understanding, parent-to-parent on how our children's trauma has changed them, how their brains have been affected, and why they are behaving the way they are behaving. Behaviors will only scratch the surface here because Module 2 will dive deeper into this.
- **Session 3: How Trauma Disrupts Attachment**
  - In this session we will begin to unpack and explain attachment disorders, why our children have them, and how their trauma history has disrupted healthy attachment (and what you can do to navigate through this with your child).
- **Session 4: Building The Foundation For Healthy Attachment**
  - As we leave Module 1 and prepare for Module 2 on Behavior Understanding and Management, we will walk through a series of steps you can take as a parent to lay a foundation of attachment and begin to build connection and trust with your child even if they continually push you away, or act out.

### Module 2- Behavior Understanding And Management

- **Session 1: Determine The Why Behind The Behavior**
  - In this session we lay the groundwork for the all of Module 2 by presenting you with the understanding that when you're dealing with children with a history of trauma, nearly all of their behaviors are trauma-induced. We will do this by helping you understand why a child is behaving the way he or she is behaving.

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- **Session 2- Identifying Triggers (Surveying The Trauma Landscape)**
  - In this session we will help you identify triggers that lead to extreme behaviors by walking you through 3 key questions to ask when you are in an intense situation with your child (or their behavior does not make sense): 1) What has happened in the past? 2) What is happening now? 3) What is about to happen? This will allow parents to “zoom out” to a 30,000 foot view of their child, survey the landscape, then zoom in with better understanding.
- **Session 3: Intervention: How To Manage Disrespectful, Defiant, and Aggressive Behaviors**
  - In this session we will talk through strategies for “in-the-moment” intervention when your child is escalated, aggressive, or agitated. We will talk about your number 1 goal to keep in mind when your child’s behavior has escalated, as well as some mental notes you can keep in front of you to de-escalate and help your child re-regulate.
- **Session 4: Prevention: How To Stop Behaviors Before They Start**
  - Re-visiting what we talked about in Session 2, we will take this a step further in identifying triggers, as we talk about prevention strategies. As you identify triggers that could lead to extreme behaviors, there are some simple, yet effective, steps you can take to prevent extreme behavior in the first place. This session will lead right into Module 3 and understanding (more in-depth), the need and practice of re-regulation and co-regulation practice.

## **Module 3- Re-Regulation & Co-Regulation Practices**

- **Session 1: What Is Regulation?**
  - As we begin Module 3, we will define exactly what regulation means, and how understanding the overview of regulation practices will bring a lot of peace into your families. We will define Regulation, Re-Regulation, Dys-Regulation, and Self-Regulation in this session.
- **Session 2: Co-Regulation Strategies**
  - In this session we will help parents understand how to come alongside of your child and walk with them when they are anxious, stressed, overwhelmed or even agitated. We will go deeper into Co-Regulation and unpack specific steps to helping your child find calm.
- **Session 3: Moving Toward Self-Regulation**
  - In this session we will walk through (probably) the most important aspect of re-regulation and that is self-regulation. This is ultimately the goal for regulation. It is the practice of teaching our children to apply regulation and re-regulation practices to his or her life when they can tell they are becoming dys-regulated.

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- **Session 4: Regulating The Caregiver**
  - One of the most important things foster and adoptive parents can do as we parent children with a trauma history, and help them re-regulate when they are out of sorts, is practice regulation ourselves. In this session we will walk you through practical steps you can take as an adult to keep yourself calm.
- **Session 5: What Do You Do When... (Examples)**
  - In this session we will talk through specific examples of dys-regulated behaviors and how to respond in ways that bring calm and re-regulation quickly and peacefully. We will walk how to re-regulate young children (infant) and then pre-school all the way through the teen years.

## **Module 4- Communicating Trauma Knowledge**

- **Session 1: Teachers and School Administrators**
  - In this Session, which begins Module 4, we will give practical ideas for communicating trauma knowledge beyond your household. We begin with what we consider the most prominent and obvious place- school. We will walk parents through personal accounts but also factual ideals from school administrators and teachers. From those personal accounts we will present steps parents can take to adequately, and politely, communicate the needs of their children to their schools.
- **Session 2: Law Enforcement and Authorities**
  - While it's unfortunate, it's a fact that many foster and adoptive parents will encounter law enforcement as a result of their children's choices or behaviors. Law enforcement can often be uninformed of non-obvious trauma like drug and alcohol exposure in-utero, or attachment issues as a result of multiple foster homes. This session gives firsthand accounts but also practical steps and language to use to help law enforcement understand your child's trauma.
- **Session 3: Medical and Therapeutic Professionals**
  - Another area that parents often struggle to be heard is within the medial and therapeutic communities. It's hard to communicate something medical to a medical professional who has degrees in medicine or therapy. This session gives step-by-step points to talk with medical and therapeutic professionals about the realities of your children without sounding pushy, offensive, and getting results.
- **Session 4: Clergy and Pastoral Personnel**
  - Following the same spirit as the previous 3 sessions, and using some of the same steps, this session gives strategies for taking with your church or religious institution about the reality of your child, and their past trauma.

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- **Session 5: Extended Family**

- One of the hardest people groups to gain understanding with are extended family members. How do you stop your grandmother from saying inappropriate things during the holidays? How do you explain that you are trying to form a healthy bond to your child, so when your mom or dad debunk your authority it disrupts everything you are trying to accomplish? This session distills all of that down and gives practical steps to gain understanding with extended family.
- **Session 6: Neighbors, Coaches, and Club Leaders**
  - This session gives many of the same keys with exception being that sometimes you need to be blunt and/or cut ties. This session helps you identify these moments but also helping parents formulate healthy relationships with the people who will, at times, be in charge of caring for their children.

## Module 5- Beyond Childhood

- **Session 1: Parenting Adults**
  - In this final part of the course, we will spend a little time talking about the future, when your children become adults, and what your parenting role will look like. We'll give practical conversation points for you and your spouse, partner, or significant other to walk through in preparation of the next phase. The reality is that you will probably always have a hands-on relationship with your child, but that doesn't necessarily mean your freedom will be taken away.
- **Session 2: Setting Up Your Child For Success**
  - Playing off of session 1 in this module, we will give practical ideas for setting your children up for the best possible success they can have in the future when they become adults.
- **Session 3: Believing In More**
  - In the final session of the course, we will encourage parents to believe that their child has hope and a future. Through a series of illustrations and examples, we will bring new perspective to the often doubtful or hopeless moments that consume parents who are parenting children from past trauma. We will point their eyes toward a faith and trust that everyone can change, redemption and healing are real, and there is hope for your child, even if it doesn't seem like it.

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