

# Bridge Organizational Trainings

Help your church, agency, or organization understand how trauma affects the learning styles of children and how to foster a trust-based organization that engages well with children from hard places and their families.

## **The Integrated Journey Training, Option 1:** 1 hour CEU

This training is designed to be an introduction to trauma-informed, cognitive focused care.

Objectives:

- Define trauma and its impact on the brain.
- Introduce trauma-informed care principles felt-safety, connection, and regulation.
- Present tools and strategies that strengthen whole brain cognitive development.

## **The Integrated Journey Training Option 2:** 3 hour CEU

This training is designed to empower participants with basic trauma-informed principles and whole brain cognitive care.

Objectives:

- Define trauma and its impact on the brain.
- Introduce trauma-informed care principles of felt-safety, connection, and regulation.
- Present and equip tools and strategies that strengthen social-emotional development (behavior) and whole brain cognitive development using techniques such as Trust Based Relational Intervention\* and Equipping Minds\*.

## **The Integrated Journey Training Option 3:** 6-12 hour CEU

This training takes a deep dive into the trauma-informed health of an organization. It is designed to empower and equip participants with trauma-informed principles, tools, and strategies to navigate the impact of trauma on the brain, body, beliefs, biology, and behavior in ourselves and the people we serve.

Objectives:

- Explore organization health through trauma-informed lenses.

- Define trauma and its impact on the brain.
- Introduce trauma-informed care principles of felt safety, connection, and regulation.
- Present and equip tools and strategies that increase regulation and strengthen social-emotional development.
- Present and equip participants with tools and strategies integrating whole brain cognitive development.
- Motor- Sensory Development-Sensory Integration/Primitive Reflexes
- Social-Emotional Development: Trust Based Relational Intervention\*
- Cognitive Development: Equipping Minds\*