

# Trauma-Informed Care & Resiliency Practices

Continuing Education at Hanna Institute

For teachers, therapists, psychologists, social workers, early intervention staff, healthcare providers, childcare providers, first responders, clergy, lawyers, and others who work with people who have experienced trauma

# REGISTER NOW

[hannainstitute.org](http://hannainstitute.org)

707.933.2563

## Class Location

Hanna Institute  
17000 Arnold Drive  
Sonoma, CA 95476-0100

## Registration Fees

Fees are listed for each course. Inquire about special pricing for groups, agencies, and school districts. Limited scholarships are available.

Classes with fewer than ten participants will be cancelled. Upon cancellation, your registration can be transferred to another date and/or another person.

## Questions?

Contact Nick Dalton at 707.933.2563  
or [ndalton@hannacenter.org](mailto:ndalton@hannacenter.org)

## Are you on our mailing list?

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# Trauma and Resilience

Childhood trauma—from physical abuse to untreated parental trauma and depression—can overwhelm a child’s ability to cope and do lasting damage to developing bodies and brains. But it doesn’t have to. We believe that raising public awareness, supporting strong parent-child bonds, augmenting and supporting resiliency responses, and teaching strategies for self-care and recovery will enable transformative rebirth in our communities. **Together, we turn hurt into hope. Join us!**

## Hanna Institute

We envision a world where every child grows up resilient and healthy, regardless of personal circumstances. We raise awareness about child trauma and early adversity while promoting the resilience and recovery of children and adults. As a leading provider of trauma-informed care training in Sonoma County and Northern California, Hanna Institute’s mission is to support parents and child-serving systems with resources that build resilience and hope. We partner with organizations like International Trauma Center and other leaders in the field of trauma-informed care to provide a range of training, events, and outreach.

## International Trauma Center

We are dedicated to advancing nonviolent communication, social justice, and trauma recovery. We do this by building the heart of trauma-informed care into social networks most impacted by trauma and exposure to violence. We are dedicated to excellence in the design and development of psychosocial and clinical trauma-focused interventions.

## Hanna Institute Partners



## Certificate Program

Courses are available individually, but for those who complete this 5-course Series, International Trauma Center will issue a *Certificate in Trauma-informed Care*.

- Trauma-informed Care 101
- Trauma-informed Care 102
- Intro to Psychological First Aid
- Mind-Body Based Practices
- Skills For Psychological Recovery

Rainbowdance© training is not a part of the certificate program. It is an additional technique for supporting the development of resilient, happy children, age 2 through early elementary.

## Continuing Education

Each of the 5 certificate courses meets requirements toward the 40-hour recertification program required for certified administrators as well as CE credits through CAMFT. Each course is a transformational in-depth didactic and hands-on learning experience that explores developing and implementing trauma-informed school and community environments.

Hanna Institute courses are approved for continuing education credit for a variety of professionals.

[See details on our website.](#)

- CAMET CE provider number: 129871
- CAADE CEU provider number: CP10 899 A0121
- NASP CPD number: 1133



## Trauma-Informed Care (TIC)

*TIC 101: Essential Strategies for Working with Survivors*

*TIC 102: Deepen Your Practice From the Inside Out*

In these introductions to trauma-informed systems of care, we pay particular attention to how we were sanctioned and rewarded as children. Our society strives to control children and youth at all costs through the consistent use of coercion, restraint, seclusion, and isolation. We propose a different approach. These seminars provide an overview of Trauma-Informed Care and Resiliency-Focused approaches designed to address the needs of trauma-exposed populations and their interactions with service providers.

Participants will acquire these skills and elements of trauma-informed care:

- Identify the factors and stressors that can create potentially traumatic events (PTE) for children and adults
- Observe the external signs of trauma in themselves and in the children they care for
- Learn what trauma does to the biology of a human being
- Examine personal experiences relating to dysregulated children
- Cue client reactions as a means of guidance towards healing and recovery
- Recognize social skill development, brain development, and emotional development for the specific service recipient populations of the training group
- Formulate and practice evidence-based neurophysiological self-regulation techniques that can be utilized when interacting with clients exposed to extreme traumatic stress
- Master personal acute safety plans
- Utilize de-escalation strategies to build safety-calming-connectedness in the milieu
- Develop customized concrete processes for healing and recovery
- Apply specific pro-social engagement behaviors to field work

4  
HOURS  
EACH

### Fees

[see website for fees](#)

### Schedule

[see website for schedule](#)

### Instructors

presented in partnership with  
International Trauma Center



## Intro to Psychological First Aid (PFA) *Practical Tools for the Aftermath of a Traumatic Event*

This 6-hour course, which includes didactic presentation and group participation, is an evidence-informed approach for supporting and stabilizing children, adolescents, adults, families, and communities in the immediate aftermath of trauma and violence exposure including disaster and terrorism. Instructors will introduce Psychological First Aid (PFA), including how and when it can be used, as well as core actions to practice. PFA is designed to reduce the initial distress caused by traumatic events, and to foster short- and long-term adaptive functioning.

Principles and techniques of PFA meet four basic standards:

- Consistent with research evidence on risk and resilience following trauma
- Applicable and practical in field settings
- Appropriate to developmental level across the lifespan
- Culturally informed.

For citation: National Child Traumatic Stress Network and National Center for PTSD, Psychological First Aid: Field Operations Guide, September, 2005

## Mind-Body Based Practices (MBBP) *Control Your Breathing, Steady Your Mind, Entrain your Client*

This 6-hour course will explore the relationship between mind-body medicine and its impact on reducing traumatic stress in both clients and providers. We will explore the evolution of the practice of mindfulness in medical, social and psychological practice fields stemming from the science of mind-body medicine and the National Center for Complementary and Alternative Medicine. Participants will work in pairs and groups to practice step-by-step mindfulness and body-based practices that will allow them to increase their awareness of how to alter autonomic reactions in the present moment.

Participants will learn about:

- Mindfulness and complete breathing protocols to increase somatic awareness and calm the mind
- Sensorimotor Regulation and traumatic stress responses & Neural Energy Pathways and arousal regulation
- The Poly-vagal nervous system and the “brain gut”
- Heart rate variability and non-verbal communication
- Survival Mindfulness and adaptation; co-regulation and attachment

6  
HOURS

### Fees

[see website for fees](#)

### Schedule

[see website for schedule](#)

### Instructors

presented in partnership with  
International Trauma Center

6  
HOURS

### Fees

[see website for fees](#)

### Schedule

[see website for schedule](#)

### Instructors

presented in partnership with  
International Trauma Center

## Skills For Psychological Recovery (SPR) *Manage Reactions and Promote Healthy Thinking*

This 12-hour training is an evidence-informed modular approach to helping children, adolescents, adults, and families in the weeks and months following disaster and trauma, after the period where Psychological First Aid (PFA) has been utilized, or when more intensive intervention than PFA is needed. SPR is designed to help survivors gain skills to reduce ongoing distress and effectively cope with post-disaster stresses and adversities. It can be delivered in 1-5 sessions, depending on the needs of the trauma survivor.

This course will explain the core procedures used in SPR:

- Gathering Information and Prioritizing Assistance
- Building Problem-Solving Skills
- Promoting Positive Activities
- Managing Reactions
- Promoting Helpful Thinking
- Rebuilding Healthy Social Connections

## Rainbowdance (not part of certificate program)

Rainbowdance© is a playful, structured activity of repetitive song, movement and gesture. Led by a trained facilitator, it encourages self-esteem, self-regulation and social empathy. Rainbowdance provides children with the opportunity for one-on-one bonding (often lacking for infants and toddlers who attend full-time day care), while also providing healthy relationship-building among a peer group. For vulnerable populations, this can be the experience that steers them away from violent behaviors.

The primary goal of a Rainbowdance program is to establish a sense of safety, consistency, and containment for the children. When children feel safe, trust may develop. In a trusting environment, children will take the necessary risks for emotional and social growth to occur.

The sequence of stories and improvisations has been developed as a continuum from toddlers to 3rd graders, addressing the unique challenges of each developmental age group. This evidence-informed social-emotional learning tool was created by Dicki Johnson Macy, ED.M., LMHC, BC-DMT, after years of working with these vulnerable populations.

Two Immersive Days of Training, 9am - 6pm.  
Please dress comfortably.

6  
HOURS

### Fees

[see website for fees](#)

### Schedule

[see website for schedule](#)

### Instructors

presented in partnership with  
International Trauma Center

2  
DAYS

### Fees

[see website for fees](#)

### Schedule

[see website for schedule](#)

### Instructors

presented in partnership with  
Boston Children's Foundation

## Basic Restorative Practices

Experience a thorough introduction to restorative practices. This course imparts practical knowledge and skills that you can use immediately in your personal and professional life — whether you are involved in education, criminal justice, social services, counseling, leadership, the pastoral field, volunteer, or other work.

Supported by extensive research, restorative practices has demonstrated positive outcomes in a wide variety of settings. We've consistently seen proactive circles improve behavior and decrease bullying and violence in schools, and improve workplace morale. Restorative conferences provide emotional healing for victims.

### Introduction to Restorative Practices and Using Circles Effectively

The first half of this training explores practical strategies to build strong, healthy relationships with students, families, clients, employees, and colleagues, which can be implemented immediately.

On day one, interactive experiences bring you to a full understanding of the fundamental unifying premise of restorative practices—that people are happier, more cooperative and productive, and more likely to make positive changes in their lives when those in positions of authority do things with them rather than to them or for them.

Day two teaches how to hold group discussions in a circle to facilitate meaningful conversation and encourage full participation from everyone involved. Through video, practice and discussion, participants identify reliable methods for using circles to build community, establish norms, and address behavior and relationships. Useful in any setting from education and other human services to organizational management.

### Facilitating Restorative Conferences

On days three and four, participants will explore in depth a formal restorative justice process for addressing harm and wrongdoing. Through instructional videos and in-depth experiential activities, you will learn how to facilitate a restorative conference, in which everyone impacted by wrongdoing can share how they have been affected and have a say in how to repair the harm. This formal circle is used to address incidents where harm has occurred and fosters more positive outcomes than mere punishment in education, criminal justice, youth work, organizational, and other settings.

During this course, you will receive three books: *The Restorative Practices Handbook*, *Restorative Circles*, and *Restorative Justice Conferencing*.

32  
HOURS

### Fees

[see website for fees](#)

### Schedule

[see website for schedule](#)

### Instructors

presented in partnership with International Institute for Restorative Practices (IIRP)

*There's more happening at Hanna Institute...*

## Professional Networking Breakfast Series

Our networking breakfast series highlights issues facing Sonoma County youth, families, and communities today, and provides a forum to discuss and collaborate on practical solutions. Meet other professionals—from health systems, schools, churches, courts, legal practices, community organizations and more—who are interested in:

- Increasing their fluency with trauma and adversity
- Learning about research and 'state of the art' trauma-informed approaches
- Gaining skills for mitigating the secondary stress experience by professionals who work with traumatized youth

These events are scheduled quarterly. Upcoming dates include June 14, 2018 / Sept 13, 2018 / December 13, 2018 / March 14, 2019 / June 13, 2019. See the latest training and events schedule on our website [hannainstitute.org](http://hannainstitute.org)

## Towards a More Resilient Sonoma / Sonoma Resiliente *A Self-Healing Community Initiative in Sonoma Valley*

Can we help our communities build the resilience that will help everyone, and especially youth, survive and thrive through adversity?

Every child in Sonoma County deserves to grow up healthy and resilient, no matter what has happened to them and regardless of family resources and circumstances. But too often, this isn't how the story goes. We know that thousands of Sonoma County kids grow up with Adverse Childhood Experiences (ACEs) exposures. This is reflected in the high rates of illnesses like depression and substance abuse.

Here and now in the Sonoma Valley, we know many of our kids face stress and trauma related to the October fires. Others suffer with fear that their parents and other family members could be detained and deported without warning. The high cost of living puts strain on family resources and, often, tempers. Access to the health care that could blunt

the impact of these stressors isn't nearly what it should be. And in the end, shouldn't we aim to support families further "upstream", before the impact to health and well-being is felt?

The beginnings of an answer may be hiding in plain sight. The Sonoma Valley's tight-knit communities have many of the building blocks, including strong kinship and friendship ties, strong faith communities, and strong cultural affinity. Those strengths, supported and leveraged by Valley leaders, stakeholders, agencies, clergy, and others, hold the promise and power of healing. Our first community meetings were held in February 2018, facilitated by Laura Porter, the nation's leading expert on the Self-Healing Communities Model. Meetings are ongoing. Please see the Hanna Institute website for information about this collaborative project or contact us for more information.



[Follow Resilient Sonoma - Sonoma Resiliente on Facebook](#)

## Instructors

### Nick Dalton, Assistant Director, Hanna Institute; Co-chair, Sonoma County ACEs Connection

Nick Dalton is the Assistant Director of the Hanna Institute and co-chair of the Sonoma County ACEs Connection. Nick has spent decades facilitating leadership development, community organizing, and using the creative and healing arts to empower the self. Nick was an International Ambassador and Teaching Artist for the non-profit Artists Striving to End Poverty (ASTEP) for almost a decade, where his work focused primarily on refugee, low-income, and oppressed communities. Before launching the education program at Transcendence Theatre Company in Sonoma, he spent two years in India as director of The Maya Project, a Teach For India initiative revolutionizing the literature curriculum nationwide by incorporating social-emotional wellness learning Aboth teachers and students. Nick is also a certified REIKI Master, cofounder of the arts and healing non-profit collective “heART without borders,” and currently pursuing his PhD in Interdisciplinary Arts with a concentration in Indigenous Resurgence & Decolonial Art. He lives in the Springs of Sonoma with his wife and their son. s working at ground zero in the immediate aftermath of 9/11.

### Robert Macy, Ph.D.

Robert Macy is a pioneer in the field of Traumatic Incident Stress Interventions, public health-mental health psychosocial intervention and research, and violence prevention initiatives for children, youth, their families and their communities exposed to traumatic events including large-scale disasters, terrorist events, and political, community, armed conflict violence and trans-generational impoverishment. During the last 19 years Macy has designed, implemented, and evaluated traumatic stress reduction programs, and psychosocial assessment and intervention projects in the United States, Europe, the Middle East, Asia and Africa.

Robert Macy is Co-Director of the Division of Disaster Resilience at the Beth Israel Deaconess Medical Center, a Harvard Medical School Instructor, a Research Fellow in Psychology in the Developmental Psychology and Psychopathology Program at McLean’s Hospital, and an Adjunct Faculty in Counseling Psychology Graduate School Programs at Lesley University. Robert is also the Co-Founder and Director of the Intentional Center for Disaster Resilience and the former Co-Director of a National Center for Child Traumatic Stress Network-Category III site in Boston, and a former Co-Chair of the National Center for Child Traumatic Stress Network-Terrorism and Disaster Branch. Macy continues to consult for the National Center for Child Traumatic Stress Network-Terrorism and Disaster Branch and serves as Core Faculty for the National Center for Child Traumatic Stress Network-Psychological First Aid Learning Community.

### Frank Grijalva, MSPH

As co-director of the Midwest Trauma Services Network, Frank Grijalva is involved in consultation and education for more than a dozen agencies in Iowa and Nebraska as well as several agencies nationally and internationally. Frank Grijalva has a BS in psychology with an emphasis on disaster mental health and a Master of Science degree in Public Health with a focus on child mental health.

As a clinical programming consultant for these agencies, he has spent the last several years introducing and training selected trauma-informed evidence based practices as well as designing innovations specific to vulnerable children in Iowa, Florida, Illinois, South Dakota, Nebraska, and Alaska.

As a senior consultant and senior trainer for the International Trauma Center, an operational partner with the Harvard school of Disaster Medicine, Frank has trained clinicians from Nepal, Jordan, Turkey, Afghanistan and Sudan. In addition, Frank responds to United States disasters such as Hurricane Katrina as part of a core emergency response team to stabilize child populations in the aftermath of traumatic events.

Frank managed safety and logistics for clinicians and federal employees working at ground zero in the immediate aftermath of 9/11.

### Dicki Johnson Macy, Ed.M., LMHC, BC-DMT

Dicki J. Macy is the cofounder of the Boston Children’s Foundation, and the Founder and Director of Rainbowdance, an evidence-based early intervention program of the Boston Children’s Foundation. Dicki remains a tireless and dedicated pioneer in the field of trauma-focused stabilization and resiliency programs for young children and their communities exposed to traumatic events including large-scale disasters, terrorist events, and political, community, armed conflict violence and transgenerational impoverishment. During the last 25 years, Dicki designed, and now implements and evaluates early intervention traumatic stress reduction and resiliency building programs in the United States, Europe, the Middle East, Asia and Africa.

### Nina Saraceno

Nina holds bachelors degrees in Dance and Psychology from Skidmore College and has danced professionally. She has worked in early childhood education for over 14 years, beginning with the Rainbowdance intervention in preschools and head-start programs around the greater Boston area, also working closely with Project Joy and the Boston Children’s Foundation. Nina currently teaches movement and mindfulness at the Cow Hollow School and Rainbowdance workshops at Hanna Institute, and is studying towards a Masters degree in Traditional Chinese Medicine.

**HANNA**  
•❧ INSTITUTE ❧•

in partnership with



*The Heart of Trauma-Informed Care®*

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