



Train the Trainers

Intensive Trauma Training: Enhancing Trauma Awareness

First in trauma series

15 hour course (2.5 hours per session) for 16 participants.

We expect to provide a rich and sophisticated exploration of the subject of trauma with an emphasis on encouraging professionals to become highly sensitive regarding the nature of trauma and learning key properties and principles related to it. We anticipate that professionals will gain a heightened awareness and respect with regard to trauma-related behaviors, feelings and the consequences that can extend into relationships, systems and generations as a result of trauma.

Goals for the course include:

- Exploring the nature and related principles of trauma.
- Exploring practical applications of ICAPS (information, concepts, approaches, principles and skills).
- Promoting a passionate sense of urgency with regard to dispersing key principles to those who work with children/adults, parents/caregivers, families and others.
- Encouraging professionals to gain awareness and appreciation for the importance of being self-protective when exploring the subject of trauma and to be advocates for the self-protection of others.

Texts

- Creating Sanctuary (Dr. Sandra Bloom)
- Life After Trauma (Dena Rosenblum and Mary Beth Williams)
- Enhancing Trauma Awareness (Diane Wagenhals)

All materials including textbooks are provided by Lakeside and are included in the cost of the course.

Train the Trainers

25-hour course (2.5 hours per session) for 16 participants per group.

Participants who meet course requirements would be certified by Lakeside Global Institute as Adjunct Trainers with authorization to present licensed Lakeside Global Institute 2-hour workshops. Adjunct Trainers are also equipped to facilitate small group discussions. LGI's Train the Trainers course applies the same approaches and techniques provided in course content. Participants can expect LGI trainers to maintain a high level of integrity with regard to processes of group leadership, management and facilitation. By attending this course, participants can expect to:

- Grow in awareness and understanding of groups and group processes
- Identify roles and responsibilities of group leaders
- Employ key skills to intentionally manage and facilitate groups
- Become clearer about specific information, concepts, approaches, principles and skills (ICAPS) that can enhance the probability that groups will be successful
- Increase levels of confidence and satisfaction in being group facilitators
- Develop increased degrees of healthy, relational outward behaviors (intentionality with body language, facial expressions and voice tone)
- Demonstrate abilities to communicate appropriately, sensitively and effectively
- Maintain relational integrity with others
- Discover skills to engage, nurture and be attuned to group participants
- Practice strong problem-solving abilities

Cost

Costs include tuition and materials (books and curriculum). All workshops and courses are facilitated by two (2) Lakeside Global Institute trainers. For locations within 2 hours of LGI Headquarters (North Wales, PA), all sessions would be conducted live. For locations more than 2.5 hours away from North Wales, PA up to five sessions would be live with the remaining sessions provided via live broadcast. For live broadcast sessions, LGI trainers would be located in a studio in North Wales, PA. Participants would meet together in one group at a predetermined location for the session. Cost also includes a one-year license of Trauma 101 materials (handouts, trainer notes and PowerPoint) for each participant who successfully completes course requirements. Licenses for additional workshops may be contracted separately.

Participant Expectations

Prior to admission to the course participants will verify that they have attended a Trauma 101 workshop and completed course requirements for Enhancing Trauma Awareness.

Participants will be expected to:

- Attend a minimum of eight (8) sessions
- Read assigned materials
- Provide in-class presentations
- Sign a license agreement for use of materials