

## Risking Connection® IDD Basic Training: Outline Overview (2026 Version)

### Day 1

|                    |                                                                                                            |
|--------------------|------------------------------------------------------------------------------------------------------------|
| 9:00-9:45          | Introductions and Frame of Training (Slides 1-15)                                                          |
| 9:45-9:50          | What We Mean by Intellectual and Developmental Disabilities (IDD)<br>(Slides 16-18)                        |
| 9:50-10:05         | Definition of Psychological Trauma (Slides 19-23)                                                          |
| 10:05-10:25        | Adverse Childhood Experiences (ACEs) Study (Slides 24-33)                                                  |
| <b>10:25-10:40</b> | <b>BREAK (Slide 34)</b>                                                                                    |
| 10:40-11:30        | Trauma and People with IDD                                                                                 |
| 10:40-11:10        | Trauma and People with IDD (Slides 35-40)                                                                  |
| 11:10-11:30        | Exercise: Moments in the Life Cycle of a Traumatic Event (Slide 41)                                        |
| 11:30-11:50        | Trauma-Informed Care: A Paradigm Shift. Non-Trauma-Informed Model vs. Trauma-Informed Model (Slides 42-49) |
| 11:50-2:05         | The Risking Connection (RC) Trauma Framework (includes lunch)                                              |
| 11:50-12:00        | RC Trauma Framework Overview (Slides 50-52)                                                                |
| 12:00-12:30        | Impact of Trauma on Attachment (Slides 53-64)                                                              |
| <b>12:30-1:10</b>  | <b>LUNCH (Slide 65)</b>                                                                                    |
| 1:10-1:25          | Impact of Trauma on Body and Brain (Slides 66-75)                                                          |
| 1:25-1:35          | Impact of Trauma on Feelings Management (Slides 76-81)                                                     |
| 1:35-1:45          | Current and Ongoing Stressors (Slides 82-85)                                                               |
| 1:45-2:05          | Behavior as Adaptation (Slides 86-94)                                                                      |
| 2:05-2:15          | Exercise: Terrence/Tracy/Tina/Tim: Review (Slide 95)                                                       |
| 2:15-2:45          | Exercise: Applying the RC Trauma Framework (Slide 96)                                                      |
| <b>2:45-2:55</b>   | <b>BREAK (Slide 97)</b>                                                                                    |
| 2:55-3:20          | Exercise: Exploring How We Were Parented (Slides 98-99)                                                    |
| 3:20-3:50          | Introduction to Compassion Fatigue and Compassion Satisfaction                                             |
| 3:20-3:35          | Introduction to Compassion Fatigue and Compassion Satisfaction<br>(Slides 99-104)                          |
| 3:35-3:50          | Exercise: Compassion Fatigue and Satisfaction (Slides 105-106)                                             |
| 3:50 - 4:00        | Wrap Up and Feedback (Slide 107)                                                                           |



# Risking Connection® Basic Training for Organizations Supporting People with IDD: Outline Overview (2026 Version)

## DAY 2

|                    |                                                                                         |
|--------------------|-----------------------------------------------------------------------------------------|
| 9:00-9:20          | Introduction (Slides 108-109)                                                           |
| 9:20-11:35         | Strengthening Domains of the RC Trauma Framework                                        |
| 9:20-9:25          | Strengthening Domains Overview (Slides 110-112)                                         |
| 9:25-9:35          | Strengthening Attachment - Power of Healing Relationships (Slides 113-120)              |
| 9:35-9:50          | Exercise: RICH Relationships (Slides 121-122)                                           |
| 9:50-10:25         | Tending to Frame and Boundaries (Slides 123-129)                                        |
| <b>10:25-10:40</b> | <b>Break (Slide 130)</b>                                                                |
| 10:40-10:50        | Strengthening the Body and Brain (Slides 131-138)                                       |
| 10:50-11:10        | Strengthening Feelings Management (Slides 139-148)                                      |
| 11:10-11:40        | Exercise: Strengthening Attachment, Body and Brain, and Feelings Management (Slide 149) |
| 11:40-11:50        | RC and Crisis Management (Slides 150-151)                                               |
| 11:50-1:45         | Noticing Our Reactions to Promote RICH Relationships (Includes Lunch)                   |
| 11:50-12:20        | Noticing Our Reactions Slides (Slides 152-161)                                          |
| <b>12:20-1:20</b>  | <b>Lunch (Slide 162)</b>                                                                |
| 1:20-1:45          | Exercise: Noticing Our Reactions. The Importance of Supervision. (Slides 163-164)       |
| 1:45-2:05          | Addressing and Transforming Compassion Fatigue (Slides 165-175)                         |
| 2:05-2:15          | Video: Success Stories (Slide 176)                                                      |
| 2:15-2:25          | Risking Connection Training Evaluation (Slide 177)                                      |
| <b>2:25-2:40</b>   | <b>Break (Slide 178)</b>                                                                |
| 2:30-3:30          | Putting It All Together (179)                                                           |
| 2:30-3:00          | Exercise: Indicators of Trauma-Informed Staff Behavior (Slide 180)                      |
| 3:00-3:30          | Exercise: Implementing RC as an Organization (Slides 181-182)                           |
| 3:30-3:40          | Summary of the Training (183-185)                                                       |
| 3:40-4:00          | Goodbye and Closing Ritual (Slides 186-187)                                             |