

Risking Connection® Basic Training: Outline Overview (2024 Revision)

Day 1

- 8:00-8:30 Introductions (slides 1-4)
- 8:30-9:00 Frame of Training (slides 5-17)
- 9:00-9:10 Definitions of Psychological Trauma (slides 18-22)
- 9:10-9:35 The ACEs Study: Lifelong Impacts (slides 23-39)
- 9:35-9:50 BREAK** (slide 40)
- 9:50-10:15 Non Trauma-Informed vs. Trauma-Informed (slides 41-48)
- 10:15-1:30 Risking Connection Trauma Framework (includes lunch)
 - 10:15-10:20 Introduction to the RC Trauma Framework (slides 49-51)
 - 10:20-10:45 Trauma Framework: Attachment (slides 52-64)
 - 10:45-11:15 Trauma Framework: Biology (slides 65-78)
- 11:15-12:00 LUNCH** (slide 79)
- 12:00-1:00 Trauma Framework: Self-Capacities (slides 80-104)
- 1:00-1:30 Trauma Framework: Symptoms as Adaptations (s. 105-112)
- 1:30-1:45 BREAK** (slide 113)
- 1:45-2:15 Applying the RC Trauma Framework (slide 114)
- 2:15-2:50 Introduction to Vicarious Traumatization (slides 115-122)
- 2:50-3:00 Wrap Up and Feedback (slide 123)

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DAY 2

8:00-8:30	Introduction (slides 124-125)
8:30-10:35	Strengthening Domains of the Trauma Framework Impacted by Trauma
8:30-8:35	Strengthening Domains (slides 126-128)
8:35-8:55	Strengthening Attachment (slides 129-136)
8:55-9:10	Tending to Frame and Boundaries (slides 137-141)
9:10-9:25	Strengthening the Body and Brain (slides 142-149)
9:25-9:40	Break (slide 150)
9:40-10:40	Strengthening Self Capacities (slides 151-166)
10:40-11:10	Video: The Client's Experience of the System (slides 167-168)
11:10-11:50	Lunch (slide 169)
11:50-12:25	Exploring How We Were Parented (slides 170-171)
12:25-2:05	Using RC Principles for Collaborative Crisis Management
12:25-12:40	Overview and Before the Crisis (slides 172-179)
12:40-1:35	During the Crisis (slides 180-187)
1:35-1:50	BREAK (slide 188)
1:50-2:05	After the Crisis (slides 189-191)
2:05-2:20	Rethinking Manipulation (slides 192-196)
2:20-2:55	VT: The Impact of Managing Crisis (slides 197-203)
2:55-3:00	Wrap-up and Feedback (slide 204)

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Day 3

8:00-8:45	Introduction (slides 205-207)
8:45-9:05	Letter to Kay (slide 208)
9:05-9:25	Dissociation and Grounding (slides 209-215)
9:25-9:40	BREAK (slide 216)
9:40-10:40	Noticing Our Reactions
9:40-10:10	Noticing Our Reactions Slides (slides 217-226)
10:10-10:40	Exercise: Noticing Our Reactions/Supervision (slides 227-228)
10:40-1:00	Addressing and Transforming Vicarious Traumatization
10:40-10:55	Definition and Contributing Factors Slides (slides 229-234)
10:55-11:15	What to Do about VT Slides (slides 235-239)
11:15-11:55	LUNCH (slide 240)
11:55-12:05	Training Evaluation (slide 241)
12:05-12:35	Exercise: Addressing and Transforming VT (slide 242)
12:35-1:00	Video: What to Do about VT (slide 243)
1:00-2:25	Putting It All Together
1:00-1:25	Exercise: Indicators of an RC Approach (slides 244-245)
1:25-1:40	BREAK (slide 246)
1:40-2:25	Exercise: Implementing RC as an Organization (slide 247) Exercise: My Personal Contribution (slide 248)
2:25-3:00	Summary and Closing
2:25-2:35	Summary of the Training (slides 249-250)
2:35-3:00	Goodbye and Closing Ritual (slides 251-252)