

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

Day 1

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

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DAY 2

9:00-9:30	Introduction (slides 124-125)
9:30-11:35	Strengthening Domains of the Trauma Framework Impacted by Trauma
9:30-9:35	Strengthening Domains (slides 126-128)
9:35-9:55	Strengthening Attachment (slides 129-136)
9:55-10:10	Tending to Frame and Boundaries (slides 137-141)
10:10-10:25	Strengthening the Body and Brain (slides 142-149)
10:25-10:40	Break (slide 150)
10:40-11:40	Strengthening Self Capacities (slides 151-166)
11:40-12:10	Video: The Client's Experience of the System (slides 167-168)
12:10-12:50	Lunch (slide 169)
12:50-1:25	Exploring How We Were Parented (slides 170-171)
1:25-3:05	Using RC Principles for Collaborative Crisis Management
1:25-1:40	Overview and Before the Crisis (slides 172-179)
1:40-2:35	During the Crisis (slides 180-187)
2:35-2:50	BREAK (slide 188)
2:50-3:05	After the Crisis (slides 189-191)
3:05-3:20	Rethinking Manipulation (slides 192-196)
3:20-3:55	VT: The Impact of Managing Crisis (slides 197-203)
3:55-4:00	Wrap-up and Feedback (slide 204)

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Day 3

- 9:00-9:45 Introduction (slides 205-207)
- 9:45-10:05 Letter to Kay (slide 208)
- 10:05-10:25 Dissociation and Grounding (slides 209-215)
- 10:25-10:40 BREAK** (slide 216)
- 10:40-11:40 Noticing Our Reactions
- 10:40-11:10 Noticing Our Reactions Slides (slides 217-226)
- 11:10-11:40 Exercise: Noticing Our Reactions / Supervision (slides 227-228)
- 11:40-2:00 Addressing and Transforming Vicarious Traumatization
- 11:40-11:55 Definition and Contributing Factors Slides (slides 229-234)
- 11:55-12:15 What to Do about VT Slides (slides 235-239)
- 12:15-12:55 LUNCH** (slide 240)
- 12:55-1:05 Training Evaluation (slide 241)
- 1:05-1:35 Exercise: Addressing and Transforming VT (slide 242)
- 1:35-2:00 Video: What to Do about VT (slide 243)
- 2:00-3:25 Putting It All Together
- 2:00-2:25 Exercise: Indicators of an RC Approach (slides 244-245)
- 2:25-2:40 BREAK** (slide 246)
- 2:40-3:25 Exercise: Implementing RC as an Organization (slide 247)
Exercise: My Personal Contribution (slide 248)
- 3:25-4:00 Summary and Closing
- 3:25-3:35 Summary of the Training (slides 249-250)
- 3:35-4:00 Goodbye and Closing Ritual (slides 251-252)