

RC Associate Trainers 2024 RC Revision Review Guide

RC Basic Materials

[RC Basic - Day 1 Slides](#)

[RC Basic - Day 2 Slides](#)

[RC Basic - Day 3 Slides](#)

[RC Basic Participant Packet](#)

[RC Basic Agenda \(9 a.m. start\)](#)

[RC Basic Agenda \(10 a.m. start\)](#)

Training Preparation Suggestions

We recommend that you spend some time reviewing your new RC Manual and PowerPoint slides to get used to the new content *before* you train. Some suggestions:

- **NEW: Access to curriculum review webinar recordings.** These could be helpful if you weren't able to attend a review or Recert session in 2024, or if you'd like to view them again.
 - [Introducing the RC Trainer Manual Revision - Part 1](#)
 - [Introducing the RC Trainer Manual Revision - Part 2](#)
- Try using the presentation mode when practicing to see how the newly embedded video content works
- Practice your approach to presenting newly added regular content, particularly these in Day 1:
 - Territory acknowledgement on Slide 1
 - Being Comfortable with Discomfort, Slide 11
 - How to Effectively Talk about Race, Slide 12
 - What is Psychological Trauma? – the 3 E's, Slides 19 & 20
 - Levels of Trauma Experience, Slide 21
 - Racial Trauma, Slide 22
 - ACEs and Social Inequality, Slide 34
 - The updated RC Trauma Framework, first introduced on Slide 50. Notice the difference between this one and the Healing version used in Day 2 on slide 128
 - Events that Narrow the Window of Tolerance, Slide 75
 - Self-Capacities: Feelings Management, Slide 98
 - Symptoms Rooted in Impaired Feelings Management, Slide 100
 - Stressors, Slide 104
 - While there are also changes to Days 2 and 3, Day 1 holds the bulk of the new content
- Familiarize yourself with the updated resources section, which includes numerous alternate scenarios for exercises that reflect a wider array of situations and settings
- Also in the resources section is a QR code document that can be scanned to view additional material; this is also contained at the end of the RC Basic Participant Packet. When you get to a slide that has a

corresponding QR code resource, you'll see a "Scan It!" icon on that slide. You can just let your participants know these are resources they can check out (e.g. during breaks or after the training)

- Transfer any notes you want to keep from your old RC Manual to the new one (note the new "Trainer Notes" area on each page)

NEW: Special Focus and Support for Talking about Racism and Trauma

Training RC Basic has always been a two- or three-person job. Co-trainers balance delivery of much content, facilitate conversations and activities, and skillfully respond to the experience of training participants. Much of the newest content in the 2024 version of the Risking Connection Basic training is based on the understanding that racism and trauma are inseparable and that healing racial trauma is an integral part of being trauma-informed. We know that racism is hard to talk about, especially with a group of training participants and a co-trainer with whom you may be unfamiliar. We've thus developed some resources to support RC Trainers in preparing to train the new RC Basic.

- **Breaking some Habits.** RC trainers who've trained the older version of the RC Basic might be prone to using long-standing habits and approaches when training the new 2024 version of RC Basic. This is understandable, as we are creatures of habit. It is also problematic since there are many new Key Points and Discussion Questions in the 2024 manual that focus on the inseparable nature of racism and trauma. One could easily miss these important talking points and discussion questions by simply clicking through the PowerPoint slides when presenting.

A document was created that identifies the slides where the racism-trauma additions have been made. We encourage you to print this document and then page through your 2024 RC Basic Teaching Manual to highlight and/or add a sticky note on each of the noted slides to help ensure these points and questions are covered when you train.

[RC Basic Racism and Trauma Prompts](#)

- **Trainer Introductions.** The new RC Basic is designed so that early in Day 1, trainers can begin conversations about the inseparable nature of racism and trauma. We believe that it is essential for trainers to start these conversations through trainer introductions by acknowledging one's race and biases as well as one's commitment to creating an inclusive training experience for all in the room. We know that some RC trainers already do this and for others this may be a new experience. Five TSI staff have recorded sample trainer introductions. We invite you to view these samples as you consider how you will craft your own RC trainer introduction and we strongly encourage all RC Trainers to share your trainer introduction with your co-trainer before conducting an RC training.

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- **Video Review.** We also encourage all RC trainers to view the following review videos before conducting RC Basic or RC TTT trainings using the new (2024) RC Basic Training Manual. In turn, we encourage co-trainers to discuss elements of these videos before training together, during your 3-day training experience, and in a post-training debrief. Developing comfort and proficiency with the new manual will take time and special attention. We welcome your comments and stories about lessons learned along the way.

[Intro to Racism and Trauma](#)

[Racism and Trauma – RC Basic Day 1 Part 1](#)

[Racism and Trauma – RC Basic Day 1 Part 2](#)

[Racism and Trauma – RC Basic Day 2](#)

[Racism and Trauma – RC Basic Day 3](#)

Bonus Content: While in the 2024 version of the Risking Connection Training Manual, we do not specifically include Ken Hardy’s concept of the assaulted sense of self, this [6 minute and 45 second video clip](#) is powerful and ends with an answer to the question that white people often ask people of color: why do you always bring up race? In the 2024 version of RC, it is quite possible that training participants might pose a similar question and so we strongly recommend viewing this video clip and consider how you plan to answer that question when it arises.

Changes to Video Content

All videos are now embedded directly in the PowerPoint presentations. This should be a vast improvement over prior experience. You can expect that:

- When you are in “slide presentation” mode you will be able to play the video by clicking anywhere on the image
- When you click to play the video, it will automatically expand to full screen for viewing
- When the video is done playing, it will automatically revert back to the slide show view
- There are two videos that you need to click to play that will *not* expand into full screen. These are indicated by the cell phone/tablet “frame” around them. These are shorts and they are on slides 146 and 170 in day 2
- Please note: when you are viewing slides in “normal view” you won’t be able to play the videos; *you have to be in slide show mode to play videos*

Short-form Video Content. Additionally, there are a few very short videos scattered in the presentation that play automatically when you click into the slide. These are intended to better reflect the emotion or point discussed on the slide and you can talk over them; there’s no audio. Examples of this feature include:

- Day 1, slides 53 (video on the left), 77 and 86, and 92
- Day 2: slides 120, 128

Alternative Access. In case you experience trouble viewing the embedded videos, or if you prefer the old way, you may also find the videos at [this Vimeo link](#).

Caregivers film. We’ve had a positive development! While the rights to this film are still restricted – which prior to now prevented us from sharing them via Vimeo – the filmmaker has now agreed to both (1) allow us to create clips and directly embed them in the PowerPoint and (2) make those links restrictively available on Vimeo so that we can also include a link for closed captioning and subtitles directly in the PowerPoint.

If you click on any Caregivers film it will play as described above, and if you use the closed captioning/subtitle link (below each video), it will bring you to the Vimeo version of that clip. Never again do you have to fish around for the right spot to start or end a clip from the Caregivers film – either method plays just the section you want!

Audio Content

There are two spots that have audio content.

- Day 1, slide 60 has a link to a 6-minute segment of the podcast *Unreserved*. Click anywhere on the podcast image. It will bring you to the podcast web page and you’ll need to click “play” to start, then click back to the presentation to continue. Automatic play was not available – at least not yet – for this, and there is also no option for closed captioning, subtitles, or transcripts.
- Day 2, slide 138 you choose one mindfulness option to listen to. Please note there’s about a 5 second delay before you’ll hear John’s voice.

List of Video and Audio Content

Some will feel entirely familiar, but there’s new content, too:

Media Timing - Video and Audio				
Day	Slide #	Name/Subject	Notes	Duration
1	35	Weathering		2:19
1	59	Attunement	plays in slide	1:26
1	60	Still Face - Moms (option 1)	option 1 moms	2:49
1	60	Still Face - Dads (option2)	option 2 dads	4:29
1	67	Unreserved	Podcast - audio link to website	6:19
1	77	The Biology of Toxic Stress		2:31
1	88	Christian the Lion		2:28
1	110	Why I am Rude		2:25
2	136	RICH Teacher: Uncover your Uncommon		1:55
2	149	Compassion meditation with John Engel	audio - option 1	5:50
2	149	Contact Points Exercise with John Engel	audio - option 2	6:08
2	158	I'm strong I'm beautiful	plays in slide	0:46
2	167	ReMoved #3 (option 1)	option 1 child welfare system	21:46
2	168	Jade (option 2)	option 2 racial trauma of teen	21:32
2	182	Be a Thermostat	plays in slide	0:49
2	199	Caregivers	clip 1, VT and Compassion Fatigue if used from USB, segment 14:45 to 22:20	7:35
2	202	Caregivers	clip 2, VT: Vicarious Transformation, if used from USB, segment 46:31 to 53:05	6:34
3	243	Caregivers	clip 3, VT: What to Do about VT, if used from USB, segment 36:05 to 46:25	10:20

Closed Captioning and Subtitles

Closed Captioning and Subtitles are now available within the PowerPoint slides – look for the link below each video. Closed captions are only available on videos with text files, but you can use Google Cast to get subtitles in many different languages. Look in the materials section of the Trainers' Corner for a demo on how to use these features.

Best of Luck

Good luck with these new materials. We hope you feel they are an improvement, but acknowledge that there is always room for improvement. Let us know if you run into trouble or if you have feedback by reaching out to Chris Greene, Marketing Coordinator, at Christine.greene@klingberg.com or 860-832-5562.