

Title	Description	Length
Behaviors on Fire: Creating Behavioral Change in Students through Groups	With students' behaviors escalating, educators often question how to help change unwanted behavior. Participants will be introduced to a new approach to changing behavior in students with social, emotional, and behavioral difficulties through a group process. Participants will learn about the group process, participate in a group, and have time to plan group lessons to take back to their campus. The ideal audience is campus counselors, administrators, behavior support staff, or anyone interested in doing small group work with students.	3-hour training
Help for Billy	<i>Help for Billy</i> (written by Heather T. Forbes) helps educators understand the impact of trauma on students' behavior and performance while providing practical strategies for teachers to implement. <i>Help for Billy</i> is based on the neuroscience of emotions and behavior. Participants need to have read the book before the training/book study sessions.	One 3–4-hour training Four 1-hour sessions
Help for Billy-Deep Dive	In this follow-up to <i>Help for Billy</i> , participants will learn concepts and strategies to transform their schools and classrooms into trauma-informed and trauma-responsive environments. It would be ideal for participants to purchase the <i>Classroom 180</i> guidebook to accompany this training. The intended audience is a targeted group of teachers ready to take the next step and become leaders in trauma-informed practices at their campuses.	One 5–6-hour training Five 1-hour trainings
HOPE 101: Healthy Outcomes from Positive Experiences	HOPE is a framework that builds upon the recent science of positive childhood experiences (PCEs). The new science of PCEs demonstrates how essential childhood experiences can protect future health outcomes, even in the face of Trauma. This introduction to HOPE outlines the science of PCEs and four critical building blocks. Participants will have time to explore and discuss ways to promote access to each building block with their students.	1.5 hours
Regulation-Helping Students and Educators	Participants will explore the Polyvagal theory to understand dysregulation and disruptive behavior. Participants will learn various regulation strategies to use with their students and help themselves remain regulated. Educators will begin tapping into their regulation needs to reduce burnout.	3-hours

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Rethinking Discipline: A Trauma-Informed Approach to Student Behavior	Rethinking Discipline begins with a brief overview of how trauma impacts students by rewiring the way their brain and body function and how trauma manifests in the classroom. Participants will dig into traditional forms of discipline and the challenges faced when working with students who have experienced trauma. Participants will learn trauma-informed discipline approaches to create lasting student changes more effectively.	1.5-hours
Road to Resilience: Creating Trauma-Informed Schools to Promote Healing	This three-day intensive guides educators in understanding trauma and its effects and learning specific classroom and school-wide strategies and interventions. Participants will dive deep into strategies that help build relationships, manage regulation, and better address behaviors. Participants will create specific plans to take to their campuses. Participants will examine their well-being and strategies to help reduce educator burnout.	3 days (6 hours/day)
Suicide and Self-harm: What drives this, and how do we help?	Participants will be provided with an overview of suicide and self-harm behaviors. Participants will learn how to respond to crises, conduct safety planning, and strategies to use with students.	3-hour training
Tiered Behavior Support	Sometimes, you may have a classroom or campus that does not follow the traditional MTSS tiered model, with approximately 80% of your students falling into the Tier 1 category. You may find your classroom or campus has a larger population of Tier 2 students due to trauma, toxic stress, or socioeconomic factors. Participants will be equipped with classroom, individual, and group ideas to prepare for and respond to Tier 2 and Tier 3 behaviors.	3-hour training
Trauma 101	Trauma 101 provides a broad overview of the impact of trauma on students and a call for system change. Trauma 101 is helpful as an introductory training to begin the discussion with school districts/school boards to invest in more intensive training and large-scale change.	1-hour training
Trauma and Felt Safety	Trauma and Felt Safety provides an introductory look at the impact of trauma on students' behavioral, emotional, and academic functioning. Creating an environment of felt safety will set the foundation for an ideal learning environment for students. Educators will learn basic strategies to bring forth felt safety in classrooms and schools.	1-hour training



UpTIC Consulting & Counseling Current Training Offerings

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Your students have Lizard Brains...and so do you!	Educators will learn about trauma, adversity, and toxic stress while digging into the ways trauma impacts learning, memory, and behavior. Educators will be equipped with effective interventions to disarm automatic responses and de-escalate behaviors.	One 6-hour training Two 3-hour trainings (part 1 focusing on trauma, part 2 focusing on classroom interventions)