



Understanding Trauma

- **The Trauma Brain:** The most current insights from neuroscience about how the brain and the body are impacted by trauma.
- **Adverse Childhood Experiences (ACEs):** A critical overview of the ACEs study and its most current implications for understanding trauma & behavior.
- **How Healing Happens:** A powerful framework that helps staff at any level have a clear practical understanding of what promotes healing from trauma and how to measure progress.
- **Vital Connections:** Six powerful techniques to form stronger and more impactful relationships with the participants that need you the most.
- **Good Group Management:** A must-have toolkit for moving groups through activities in a safe, predictable, and structured way; including getting a group's attention, giving instructions, and transitions.
- **Stepping in During Times of Dysregulation:** Transformational and practical techniques for working with someone who is experiencing emotional dysregulation.

Sport For Healing

- **Sport for Development:** A candid look at the complicated role that sport plays in our communities and the factors that are necessary for it to be a force for good.
- **How Sport Heals:** Introduction to the nine core elements in sport that are aligned with evidence-based approaches to healing from trauma and how to apply them.
- **Sports-Based Stabilization:** Learning a system and set of skills to apply four foundational domains of emotional regulation to your sport: Connection, Control, Competency, and Contribution.
- **Trauma-Sensitive Coaching:** A set of tools and techniques that will transform the way any coach approaches their work and enhance on- and off-field impact.
- **Building Team Cultures That Promote Healing:** Learning how to construct traditions, routines, and norms that produce a powerful culture in your team/program.
- **Interval Training:** Exploring how to leverage the techniques and practices from interval training in sport to foster resilience and emotional regulation.

