In-depth Trauma-Responsive Therapeutic Care (TRTC) Course Syllabus

Recommended pre-course reading:

- Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids; Kim John Payne
- Parenting with Love and Logic: Teaching Children Responsibility; Foster Cline & Jim Fay
- The Five Love Languages of Children: The Secret to Loving Children Effectively (or The Five Love Languages of Teenagers); Gary Chapman
- Building the Bonds of Attachment; Daniel Hughes

Day 1: Trauma and Attachment: The First Three Years of Life

- Defining trauma (including attachment trauma)
- Risk, protective, and resilience factors that affect development
- The first three years of life (social, emotional, and psychological development)
- The development of trauma and attachment disorders (RAD & DTD)
- Understanding the models and theories of Bronfenbrenner, Erikson, and Maslow

Day 2: Impacts, Effects, and Responses to Trauma

- Trauma and the brain
- Trauma and the body
- Common co-occurring emotional, mental, and behavioural diagnoses
- The development and presentation of trauma behaviours

Day 3: The Power of Trauma Responsive Therapeutic Care

- Felt/Deep safety
- Trauma-informed therapeutic care practices
- Therapeutic language: how and why our words matter
- Strong, empowered therapeutic leadership
- Handling power struggles and the fight for control
- Trauma-responsive therapeutic behaviour interventions (including The Safety Check Protocol)
- Putting your learning into practice