



### **Pinetree Institute Trauma Responsive Certificate Program (TRCP)**

The Pinetree Institute Trauma Responsive Certificate Program (TRCP) is an innovative training initiative designed to equip professionals with the skills and understanding necessary to support individuals impacted by trauma. This program offers an in-depth approach, addressing the complexities of trauma and its long-term effects on mental, emotional, and social well-being. Through TRCP, participants gain critical knowledge, tools, and strategies for fostering resilience and creating trauma-sensitive environments.

### **Program Overview**

The TRCP provides participants with comprehensive training on trauma, its impact on the brain, and best practices for cultivating trauma-responsive behaviors. With a focus on relational healing, participants explore methods to build strong, supportive relationships, offering individuals a foundation of stability and security in their lives. This relational approach is particularly effective in promoting positive, long-term outcomes for those affected by trauma.

### **Core Components**

The program emphasizes the following key areas:

1. **Understanding Trauma:** Exploring the science of trauma, including neurobiological impacts, and developing a solid foundation in trauma-informed care.
2. **Building Resilience:** Learning strategies to foster resilience, both for individuals impacted by trauma and for the professionals working with them.
3. **Creating Trauma-Responsive Spaces:** Developing skills to create safe, supportive environments that enhance emotional safety and minimize triggers.
4. **Community and Connection:** Focusing on the power of community support, participants learn how to foster collaboration and establish systems that prioritize trauma-responsive care.

### **Action Project**

A unique aspect of the TRCP is the **Action Project** component, which enables participants to translate their learning into practical, real-world applications. Each participant designs and implements an action project tailored to their professional context, drawing on insights and strategies gained throughout the program. This project allows participants to address a specific challenge or need in their workplace, school, or community setting, using trauma-responsive principles. By completing this project, participants not only solidify their learning but also make a meaningful impact in their local environment.

## **Benefits of TRCP Certification**

Participants who complete the TRCP will:

- Gain insights into trauma's multifaceted impact on behavior, learning, and health.
- Learn evidence-based methods to support trauma survivors effectively.
- Develop skills to build a responsive, empathetic, and supportive community for those in need.
- Enhance their professional credentials, gaining recognition as leaders in trauma-responsive practices.

The TRCP is ideal for educators, healthcare providers, social workers, and community leaders seeking to build trauma-informed practices and create environments where everyone feels supported and valued. With this program, Pinetree Institute empowers professionals to make meaningful, lasting impacts in their communities.

## **The Trauma Responsive Certificate Program (TRCP) Course Outline**

The Trauma Responsive Certificate Program (TRCP) course structure provides a logical progression, building from foundational concepts to personal application and broader organizational impact, culminating in the certification process.

### **Introduction and Overall Course Description**

- *Program Orientation:* Overview of the TRCP goals, structure, and importance of trauma-responsive practices for creating resilient communities and supportive environments.

### **Unit 1: Introduction to Trauma Through Research on Adverse Childhood Experiences (ACEs)**

- *Understanding ACEs and Their Impacts:* This unit introduces Adverse Childhood Experiences (ACEs), detailing types of ACEs, their prevalence, and long-term impacts on mental and physical health.

### **Unit 2: Introduction to Resilience Through Research on Positive Childhood Experiences (PCEs)**

- *The Role of PCEs in Building Resilience:* This unit covers Positive Childhood Experiences (PCEs), exploring how supportive, positive experiences buffer against trauma and contribute to lifelong resilience.

### **Unit 3: Essential Brain Science for Trauma and Resilience**

- *Brain Function, Trauma, and Healing:* Participants learn about the brain's response to trauma, the concept of neuroplasticity, and pathways for healing and resilience at the neurological level.

#### **Unit 4: Daily Practices for Buffering Trauma for Yourself and Others**

- *Mindfulness, Routines, and Resilience-Building:* This unit highlights daily practices like mindfulness, self-care, and routine-building to support emotional wellness and buffer trauma's effects, focusing on relationship-building as a foundation for resilience.

#### **Unit 5: Taking Action: Levels of Stress and Specific Strategies That Support Youth**

- *Understanding and Managing Stress Levels:* Based on Dr. Grant's introduction to Dr. Bruce Perry's model of stress levels, participants learn targeted strategies to support youth at various stress levels and explore community and family support networks.

#### **Unit 6: Take Action Project**

- *Designing and Implementing Trauma-Responsive Strategies:* Participants develop their Take Action Project, applying trauma-responsive principles in a context meaningful to their work. They also review presentation techniques and examine past project examples for inspiration.

#### **Unit 7: Trauma Responsive Organizations**

- *Building Trauma-Responsive Cultures:* This unit explores ways to expand trauma responsiveness beyond individuals, focusing on fostering trauma-sensitive practices and policies within organizations and communities.

#### **Unit 8: Conclusion and Certification**

- *Reflection and Presentation of Projects:* In this final module, participants reflect on their key learnings and personal growth, present their Take Action Projects for feedback, and receive their Trauma Responsive Certificate.