

HEALTHY MINDS BETTER OUTCOMES

Customized TIC Training from Hanna Institute

Trauma-Informed Care (TIC) is a methodology that benefits both provider and client. TIC combines theoretical frameworks with practical tools that you can implement immediately. Learn de-escalation strategies and ways to encourage pro-social engagement. Learn self-care strategies to help prevent secondary trauma from toxic stress and build resilience and hope.

Are you or your staff on the front lines working with populations who have experienced trauma or face adversity?

When your team can establish and maintain a sense of physical, emotional, and mental safety, your clients can function with a sense of control and purpose. When clients and providers utilize self-care tools, they have greater capacity to self-regulate despite stressors and triggers, and can work together to achieve better outcomes.

Learn how to avoid toxic stress and burnout while achieving better outcomes.

We design and deliver customized TIC training tailored for your staff, site and client population, based on your staff's needs and current expertise. Programs range from single on-site workshops to facilitating an institutional transformation over months or years.



K-12 SCHOOLS

Improve academic and disciplinary outcomes while enhancing school climate. Learn specific strategies for de-escalation and classroom harmony. Reduce teacher burnout while increasing child self-regulation and pro-social behaviors.



MENTAL HEALTH

Learn to recognize the signs of trauma and work effectively with those affected, without accumulating toxic stress (secondary trauma). Promote healthy behaviors and thinking in a culturally informed way.



MEDICAL CARE

Improve your outcomes by recognizing the immediate and long-term medical risks of emotional trauma, applying psychological first aid techniques, and promoting healing behaviors for your patients (and yourself).



AGENCIES & NONPROFITS

Adverse childhood experiences (ACEs) impact individuals, families, and communities alike. Learn therapeutic approaches suited for your community: non-violent communication, restorative justice, mindfulness, and other self-care practices for both clients and staff.



LAW ENFORCEMENT & FIRST RESPONDERS

ACE-affected youth and adults can respond unpredictably to stress and confrontation. Learn to recognize the signs, respond effectively, and avoid accumulating toxic stress.



LAWYERS

Learn to communicate more effectively with clients experiencing trauma and loss. Care for your clients without taking on their suffering. Learn evidence-based approaches to self-care to maintain your effectiveness and quality of life.

TIC CERTIFICATE PROGRAM

Courses are available individually, but for those who complete the 5-course series, our partner International Trauma Center (ITC) will issue a Certificate in Trauma-Informed Care.

- Trauma-Informed Care 101
- Trauma-Informed Care 102
- Intro to Psychological First Aid
- Mind-Body Based Practices
- Skills For Psychological Recovery

Hanna Institute's TIC Certificate Courses each meet the qualifications for 4 or 6 hours of continuing education credit for LMFTs, LCSWs, and/or LPCs as required by the California Board of Behavioral Sciences. Course completion certificates will be awarded at the end of each course.

Hanna Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, and/or LPCs. Hanna Institute maintains responsibility for this program/course and its content.

Courses have been developed for MCLE credit and are pending approval by the State Bar of California.

COMMUNITY OF PRACTICE

Our workshops and online community can help your organization identify and integrate promising approaches to solving shared challenges. We encourage you to consider the adoption of trauma-informed and resiliency-based approaches in order to transform your organization. TIC can dramatically improve outcomes, while improving organizational climate and quality of life.

RAINBOWDANCE CREDENTIALING

Rainbowdance® is a playful, structured activity of repetitive song, movement, and gesture for toddlers to 3rd graders. Led by a trained facilitator, it encourages self-esteem, self-regulation, and social empathy. This evidence-informed, social-emotional learning tool was created by Dicki Johnson Macy, ED.M., LMHC, BC-DMT, after years of working with these vulnerable populations.

RESTORATIVE PRACTICES TRAINING

Proactive circles improve behavior and decrease bullying and violence in schools; fair practices improve workplace morale, and restorative conferences provide emotional healing for victims. These practices are empirically validated and we have seen them drive positive outcomes in a wide variety of settings.

See our latest Training & Events schedule online:
hannainstitute.org/events

ABOUT HANNA INSTITUTE

We envision a world where every child grows up resilient and healthy, regardless of personal circumstances. As a leading provider of trauma-informed care training in Sonoma County and Northern California, we raise awareness about child trauma and early adversity, supporting parents and child-serving systems with resources that build resilience and hope.

Become Trauma-Informed

Childhood trauma can overwhelm a child's ability to cope and do lasting damage to developing bodies and brains. Teaching or providing services to children who have experienced trauma can be draining and reduce your ability to be effective. But there are remedies. Learn to reduce the ongoing effects of traumatic stress and improve outcomes in your work and community through our courses on trauma-informed practices, certificate program in trauma-informed care, or custom programs for your school or agency.

Get Inspired

If you work with vulnerable youth in any child-serving system, you'll gain insights from the thought leaders we feature at our networking/speaker breakfasts, scholar in residence programs, special events, and community programs.

Build A More Resilient World

We support families, our city, and our region by building awareness and professional competency, nurturing connections and coordination among nonprofit and government agencies, and by fostering resilience and hope.

Join us! Together we turn hurt into hope.

VISIT OUR WEBSITE

View and register for courses and events or join our mailing list to stay in the loop about upcoming courses and events:
hannainstitute.org

REACH OUT

Contact Nick Dalton, Assistant Director of Hanna Institute, with any questions or to discuss custom program options for your organization at: ndalton@hannacenter.org or 707-933-2563.

in partnership with

**Hanna Boys
Center**



HANNA INSTITUTE at Hanna Boys Center
17000 Arnold Drive, Sonoma, CA 95476
707-933-2563 • hannainstitute.org