



International Association of Trauma Recovery Coaching
Executive Director: Bobbi L Parish, MA, TICC, CTRC-S
Deputy Director: Sarah Parish, TICC, CTRC-A

INITIAL CERTIFICATION COURSE SYLLABUS

FEBRUARY 2022

Required Reading:

Complex PTSD by Pete Walker

The Body Keeps the Score by Bessel Van Der Kolk

Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship by Laurence Heller and Aline LaPierre

Trauma Stewardship by Laura Van Der Noot Lipsky and Connie Burk

Course Technology:

All classes and groups will be held online using Zoom. All information and communication about the course and the International Association of Trauma Recovery Coaching takes place in our private online community. We use Mighty Networks to create this community. You will receive a link to join us there in your Welcome Packet for the course.

Meet & Greet

We will have two Meet & Greet sessions for the new course. They will be Tuesday, February 15, 2022 at 11am EST and Wednesday, February 16, 2022 at 7:30pm. We invite you to attend to meet our staff and your fellow students. These meetings will last for 90 minutes. See the Zoom links further along in this document.

Tuesday & Wednesday Classes

Class is held every Tuesday and Wednesday, unless specified in the syllabus. The Tuesday class will be at 11am EST. The Wednesday class will be at 7:30pm EST. Both sessions cover the same material. You only need to attend one of them. If you miss a class you can watch the videotaped replay.

Practice Groups

While there are no attendance requirements for the weekly classes, you are required to attend 13 Practice Groups – 4 Observation Practice Groups and 9 Participation Practice Groups. Observation Practice Groups will be held from March 7, 2022 through March 31, 2022. Participation Practice Groups will be held from April 4, 2022 through June 24, 2022.

For the first four weeks Practice Group will consist of you observing Trauma Recovery Coaching. These will be led by a Supervisor level Association Coach who will be coaching a volunteer. Many students have never seen or been a part of a coaching relationship. These four weeks will allow you to observe that. There will be 6 Observation Practice Groups a week, each allowing 20 students to register for a spot.

After the four weeks of Observation Practice Groups, Participation Practice Groups will begin and run through the end of June. This will provide students the opportunity to begin developing their Trauma Recovery Coaching skills. Students will play the role of a coach in the groups under guiding wisdom of a Supervisor level Association Coach. These groups will be much smaller than the Observation Groups, allowing students to get plenty of practice as well as feedback. These groups will be held about fifteen times per week, at different dates and times.

You will be given a link to the Association schedule where you can schedule which Practice Group sessions best work for you. **YOU MUST ATTEND THIRTEEN PRACTICE GROUPS** to meet the certification qualifications. It is your responsibility to track which Practice Groups you attend. A Log Sheet will be provided to help you track your attendance.

Video Recording

The Association video tapes all Initial Class sessions. On Thursday the teacher of that week's class decides whether to use the Tuesday or the Wednesday class recording to put up in Mighty Networks for all of the students. Whichever class is not used is deleted from our database. Attending class means you may be seen on the video replay. And sometimes we use those video replays to use in other teaching activities. By attending class you consent to the recording of your presence and any interactions that you may have with teachers or other students.

Coach Mentor

The week of March 7th you will be assigned a small group and Coach Mentor. Their purpose is to both provide community and help you successfully complete the course.

Homework

There will be homework assigned periodically throughout the class. Each homework assignment will be listed in Mighty Networks online syllabus portion of the class. Homework is typically due by Monday night and is submitted to your Coach Mentor, who will provide you with feedback on your work.

Certification Qualifications

To be eligible to obtain your certification you must demonstrate coaching competence by completing the course, attending 13 Practice Groups, completing your Practicum, passing the written examination, submitting a Portfolio of your work and attending 5 hours of Group Supervision sessions.

Please note: Certification will not be granted if you have not paid your course tuition in full. If you complete all other requirements your certification will be held back until you pay outstanding fees.

Zoom links:

Tuesday, February 15, 2022 Meet and Greet:

<https://us02web.zoom.us/j/87803543292>

Wednesday, February 16, 2022 Meet and Greet:

<https://us02web.zoom.us/j/84012866123>

Tuesday Classes (same link all semester): <https://us02web.zoom.us/j/87803543292>

Wednesday Classes (same link all semester):

<https://us02web.zoom.us/j/84012866123>

Practice Groups (same link all semester): <https://us02web.zoom.us/j/3438306894>

Course, week by week

<u>Date</u>	<u>Subject</u>
February 15/16	Meet 'n Greet Open House
February 22/23	Course Introduction – Bobbi and Sarah Parish, CTRC-S'
March 1/2	Introduction to Trauma Recovery Coaching as a Career – Bobbi and Sarah Parish, CTRC-S'
March 7	Observation Practice Groups start, Coach Mentors assigned
March 8/9	Introduction to Trauma & Trauma's Impact on Children – Jennifer Kindera, CTRC-S
March 15/16	Attachment and Psychosocial Development – Jennifer Kindera, CTRC-S
March 21/22	Intergenerational Trauma & Genograms – Dr. Jai Belton, CTRC-A
Video Lesson	Trauma's Impact on Adults: Psychological
March 29/30	Trauma's Impact on Adults: Biological – Kimberly Weeks, CTRC-S

April 4	Practice Groups transition from Observation to Participation
April 5/6	Trauma's Impact on Adults: Emotional and Relational – Dr. Jai Belton, CTRC-A
April 12/13	Multi-focal Aftereffects of Trauma – Jennifer Kindera, CTRC-S
April 18 – 22	April Break, no classes or groups
April 26/27	Attunement and Basic Coaching Skills – Kimberly Weeks, CTRC-S
May 3/4	Trauma Recovery Coaching, Part One: Foundations – Dr. Jai Belton, CTRC-A
May 10/11	Trauma Recovery Coaching, Part Two: Resourcing – Kimberly Weeks, CTRC-S
May 17/18	Trauma Recovery Coaching Skills, Part Three: Process and Structure – Paula Wiese, CTRC-S
May 24/25	Addiction and Trauma Informed Care – Jennifer Kindera, CTRC-S
May 30 - June 3	May Break, no classes or groups
June 7/8	Initial Appointment Protocol – Establishing Safety – Bobbi and Sarah Parish, CTRC-S'
Video Lesson	Second and Third Appointment Protocols – Bobbi Parish, CTRC-S
June 13	Practicum Triads announced
June 14/15	Relationship Rupture and Repair – Dr. Jai Belton, CTRC-A and Kimberly Weeks, CTRC-S
June 21/22	Spirituality in Recovery – Trauma and Healing – Teresa Glantz, CTRC
July 5	Practicum period begins
July 5/6	Safety, Policies, Legalities & Liabilities – Dr. Jai Belton, CTRC-A

- July 12/13 Working with Marginalized Populations – Kimberly Weeks, CTRC-S and Dr. Jai Belton, CTRC-A
- July 19/20 Self-Care as a Coach – Jennifer Kindera, CTRC-S
- Video Lesson Adjunctive and Support Tools – Bobbi Parish
- July 23 Study Session, Reviewing Requirements – Bobbi & Sarah Parish, CTRC-S’
- July 26/27 Final Class – Certification Requirements, Testing Environment and Wrap Up – Bobbi & Sarah Parish, CTRC-S’

Additional Lessons on video format: Working with Challenging Clients, Non-coaching Tools to Use in Coaching