

Monday	Tuesday	Wednesday	Thursday	Friday
2	Adverse Childhood Experiences 3 Presented by San Antonio Metro Health 10:30 - Noon CST Register 	Learning Event 4 Emotional Awareness and Its Impact on Our Mental Well-Being and Success Presented by The Key of Life 10 - 11 a.m. CST Register	Discovering We Are Resilient 5 Presented by Institute for Trauma-Informed Care 10 - 11 a.m. CST Register 	Implementing TIC Principles 6 Presented by Institute for Trauma-Informed Care 10 - 11 a.m. CST Register
Introduction to TIC 9 Presented by Institute for Trauma-Informed Care 2 - 3 p.m. CST Register	Adverse Childhood Experiences 10 Presented by UT Teen Health 10 - 11:30 a.m. CST Register 	Building Community Resilience 11 Presented by Institute for Trauma-Informed Care 10 - 11 a.m. CST Register	Learning Event 12 Helping Clients Navigate Grief During the Holidays Presented by Hoosier Mental Health 10 - 11:30 a.m. CST • Register <div style="background-color: #e67e22; padding: 2px;">Implementing TIC Principles</div> Presented by Institute for Trauma-Informed Care 2 - 3 p.m. CST Register	13
Implementing TIC Principles 16 Presented by Institute for Trauma-Informed Care 2 - 3 p.m. CST Register	Creating a Thriving Community 17 Presented by Institute for Trauma-Informed Care 10 - 11 a.m. CST • Register <div style="background-color: #00c09a; padding: 2px;">Learning Event</div> Migration Trauma: Climate Change, Natural Disasters, Persecution & Conflict Presented by Immigration Diagnostics Evaluation Academy 2 - 3 p.m. CST • Register	Introduction to TIC 18 Presented by Institute for Trauma-Informed Care 2 - 3 p.m. CST Register	Adverse Childhood Experiences 19 Presented by Institute for Trauma-Informed Care 10 - 11:30 a.m. CST Register 	20
23	24	25	26	27
				
30	31			SCAN FOR CALENDAR
				

Introduction to Trauma-Informed Care (1 Hour)

In this session, attendees will receive an overview of key elements to help build their foundation of trauma-informed care. This includes an introduction to adverse childhood experiences, the impact of trauma and trauma-informed care. This session will also highlight how the Institute for Trauma-Informed Care can assist organizations on their journey to trauma-informed certification. This presentation is derived from training received from international speaker Becky Haas.



Building Community Resilience (1 Hour)

In this session, attendees will learn about R.O.L.E.S., a five-step process that empowers people to not only identify their personal triggers but to also create a mental paradigm shift that takes a punitive, judgmental view of behavior and transforms it into an approach rooted in positive intent and constructive outcomes. This presentation is derived from training received from Community Resilience Initiative Course 1.



Implementing Trauma-Informed Care Principles (1 Hour)

In this session, attendees will receive an overview of the impact of trauma and an introduction to the six key principles of a trauma-informed approach. The information in this course will serve as a foundation to help you on your trauma-informed journey. This presentation is derived from Basics of Adverse Childhood Experiences (ACEs), Building Resilience and Using a Trauma-Informed Approach training received from international speaker Becky Haas.



Creating a Thriving Community (1 Hour)

In this session, attendees will learn about the K.I.S.S. framework for building community capacity through resilience. This model is a public health framework that shows how to build human capital collectively by creating stronger communities that can thrive and better manage the impact of risk. This presentation is derived from training received from Community Resilience Initiative Course 1.



Adverse Childhood Experiences (1.5 Hours)

In this session, attendees will learn about the ACEs study, why ACEs have an immense effect on people's lives, and what we can all do to dramatically improve health and resilience for future generations. This presentation is derived from training received from ACE Interface and conducted by an approved master ACE trainer.



Discovering We Are Resilient (1 Hour)

In this session, attendees will learn how a resilient mindset can help us become stronger emotionally by using centering skills and also help identify how resilience can be hindered. Attendees will also gain an understanding of where cultural and protective patterns come from and how they can help build resilience. This presentation is derived from the "We Are Resilient" training at Dovetail Learning.



Missed a training? Visit Our Learning Management System (LMS)

The Institute's LMS offers 100+ on-demand training sessions and learning events, providing 24/7 access.

Viewers can see missed sessions, revisit favorite trainings and obtain attendance certificates. Contact the Institute if you wish to receive access.



Contact Us

Website: [InstituteTIC.com](https://www.instituteTIC.com)
Email: iticsa@uhtx.com
Phone: 210-644-8801

Emotional Awareness and Its Impact on Our Mental Well-Being and Success

Hosted by the Institute for Trauma-Informed Care



JOIN US

DATE: Wednesday, Dec. 4

TIME: 10 - 11 a.m. CST

REGISTER HERE:



ABOUT THE SESSION

Join us with Dr. Dalia Mohamed from Key of Life Counseling. In this session, attendees will learn how to acknowledge and interpret their feelings in a sound and healthy way. Mastering this skill allows people to identify and manage their emotional conflicts and helps guide them on a path to inner peace as well as personal and professional success.

FREE Contact Hours - 1.0
NCPD (nurses) & CE (social workers)

CONTACT US

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Phone: 210-644-8801

ABOUT THE PRESENTER



Dr. Dalia Mohamed

Dr. Dalia Mohamed is the founder of Key of Life Counseling. She is an Egyptian-American who came to the United States in 2010. She earned her Master's degree in International Human Development from St. Mary's University and later received her doctoral degree from University of the Incarnate Word with a concentration in International Education and Entrepreneurship. She currently holds a certificate as a certified life coach from The International Association of Professional Recovery Coaches. She is currently completing a certificate in health and wellness with a focus on mental well-being with the Anthropedia Institution. In addition to her role at the Key of Life Counseling, Dr. Mohamed is also a social worker for a non-profit in Bexar County.



Helping Clients Navigate Grief During the Holidays



Hosted by the Institute for Trauma-Informed Care

JOIN US

DATE: Thursday, Dec. 12

TIME: 10 - 11:30 a.m. CST

REGISTER HERE:



ABOUT THE SESSION

Join us with Lana Lipe from Hoosier Mental Health. In this session, attendees will learn how to identify between different types of grief and how they can appear during the holiday seasons. Lana will also help attendees develop their understanding of societal expectations regarding grief and provide techniques to help navigate grief during the holidays.

FREE Contact Hours - 1.0
NCPD (nurses) & CE (social workers)

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ABOUT THE PRESENTER



Lana Lipe

Lana Lipe is a licensed clinical social worker, therapist, private practice owner and doctor of social work student. Before establishing Hoosier Mental Health private practice, Lana gained invaluable experience across diverse settings in the social work field, including community health settings, health care non-profits and intensive care units. Lana now specializes in supporting queer individuals, those managing chronic health conditions, those grappling with grief, perfectionism and anxiety. Lana is also a certified grief educator and trained under grief expert David Kessler. Lana continues to shape the conversation around inclusive, comprehensive mental health care and social work practice.



Migration Trauma: Climate Change, Natural Disasters, Persecution & Conflict



Hosted by the Institute for Trauma-Informed Care

JOIN US

DATE: Tuesday, Dec. 17

TIME: 2 - 3 p.m. CST

REGISTER HERE:



ABOUT THE SESSION

In this session, attendees will gain an understanding of the impact of migration trauma on mental health and the various ways it can manifest. Attendees will also learn how implementing TIC principles and the ACEs framework can provide a structured way to assess the potential long term impacts while ensuring that care is provided in a way that promotes healing and resilience.

FREE Contact Hours - 1.0
NCPD (nurses) & CE (social workers)

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ABOUT THE PRESENTER



Jason Frey

Jason earned his master of science in counseling psychology and works as a psychotherapist with children and families. He is the CEO of Immigration Diagnostic Evaluations Academy, where he teaches clinicians how to testify as expert witnesses and conduct psychological evaluations for immigrants seeking status through the USCIS. Jason Frey retired from the San Bernardino County Sheriff's Department as a detective who primarily investigated crimes against children. In this role, Jason taught new recruits, detectives and supervisors how to respond to and investigate allegations of child abuse and sex crimes. As the lead detective and liaison with the Los Angeles-Internet Crimes Against Children Task Force, he taught multiple law enforcement agencies how to investigate child sexual abuse and exploitation.