

March 2026 - Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Adverse Childhood Experiences 3 Presented by Communities in Schools San Antonio 10-11:30 a.m. CST Register		4 Introduction to TIC 5 Presented by the Institute 2-3 p.m. CST Register	6
				
9	Implementing TIC Principles 10 Presented by the Institute 10-11 a.m. CST Register		11 Learning Event 12 Improving Services for Women and Families Impacted by ID, DD and Autism Presented by Lisa Dryan-Zagala, LCSW 10-11 a.m. CST Register	13
16	Learning Event 17 Contemplative End of Life Care and the Role of the End-of-Life Doula Presented by ABODE 10-11 a.m. CST Register 		18 Discovering We Are Resilient 19 Presented by the Institute 10-11 a.m. CST Register	20
23	Learning Event 24 Interpersonal Neurobiology: Integration Brain, Body and Relationships in Trauma-Informed Care Presented by Willow Therapy Associates 10-11 a.m. CST Register	25 Presented by the Institute 5-6 p.m. CST Register 	26 Presented by the Institute 2-3 p.m. CST Register	27
30	Creating a Thriving Community 31 Presented by the Institute 10-11 a.m. CST Register			SCAN FOR CALENDAR  

Introduction to Trauma-Informed Care (1 Hour)

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 presentation is derived from training received from international speaker Becky Haas.



Implementing Trauma-Informed Care Principles (1 Hour)

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.



Adverse Childhood Experiences (1.5 Hours)

Attendees will learn about the ACE 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 is conducted by an approved ACE Master Trainer.



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Contact Us

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Building Community Resilience (1 Hour)

Attendees will learn about R.O.L.E.S., a five-step process that empowers individuals to identify their negative personal triggers to create a mental paradigm shift rooted in positivity and successful outcomes. This presentation is derived from training received from Community Resilience Initiative Course 1.



Creating a Thriving Community (1 Hour)

Attendees will learn about the K.I.S.S. framework for building community capacity through resilience. This model serves as a public health framework for community development which emphasizes building human capital to foster stronger communities that can thrive and effectively manage the impact of risk. This presentation is derived from training received from Community Resilience Initiative Course 1.



Discovering We Are Resilient (1 Hour)

Attendees will learn how a resilient mindset can help us become stronger emotionally by using centering skills and 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 training received from Dovetail Learning's We Are Resilient.



Improving Services for Women and Families Impacted by ID, DD and Autism

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Thursday, March 12

TIME: 10-11 a.m. CST

REGISTER HERE:



FREE 1.0 contact hour

(For nurses and social workers only)



Lisa Dryan-Zagala

ABOUT THIS SESSION

In this session, attendees will explore practical, person-centered strategies to better support women and families affected by intellectual disability (ID), developmental disabilities (DD) and autism. Participants will examine common service gaps and discuss unique experiences of women. Attendees will also hear about evidence-informed approaches that promote equity, dignity and positive outcomes.

ABOUT THE PRESENTER

Lisa Dryan-Zagala, LCSW, is a licensed clinical social worker in private practice specializing in family and maternal mental health. A graduate of the University of Southern California, she has dedicated her career to developing innovative programs for young children, pregnant and postpartum women and individuals with developmental and intellectual disabilities. She served as director of mental health for The Wylie Center for seven years and chaired the Inland Empire Maternal Mental Health Collaborative for nine years, helping to secure over \$250,000 in grant funding. She has received several regional awards for her work around women with perinatal mental health disorders. More recently, she had speaking engagements around the needs of women with IDD, autism with mental health and health disorders at the Postpartum Support International conference in Washington, D.C. in 2024 and the National Association of Social Workers in Maine in 2025. Lisa brings a wealth of lived experience as the parent of a 29-year-old daughter with ID, DD, cerebral palsy and autism.



Thinking beyond

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Contemplative End of Life Care and the Role of the End-of-Life Doula

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Tuesday, March 17

TIME: 10-11 a.m. CST

REGISTER HERE:



FREE 1.0 contact hour

(For nurses and social workers only)



Natalie Buster

ABOUT THIS SESSION

In this session, attendees will learn how to develop contemplative, compassionate care for individuals at the end of life. Participants will gain practical tools to confidently facilitate meaningful conversations about death and dying. Attendees will also understand the role of the end-of-life doula and how doulas provide emotional, spiritual and practical support to individuals and families during the dying process.

ABOUT THE PRESENTER

Natalie Buster is the executive director of ABODE Contemplative Care for the Dying, a 501(c)3 in San Antonio that teaches the art of contemplative living and dying while providing at no charge, a beautiful home and compassionate care for those at end of life. Her past and current roles at ABODE include serving as a navigator, volunteer, doula, doula director, podcast host and resident yoga therapist. She leads ABODE's award-winning End of Life Doula program and designed the End-of-Life Yoga Certification. Natalie has woven together her love of people and the ABODE community through contemplative arts and grief-informed practices.

Interpersonal Neurobiology: Integration Brain, Body and Relationships in Trauma-Informed Care

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Tuesday, March 24

TIME: 10-11 a.m. CST

REGISTER HERE:



FREE 1.0 contact hour

(For nurses and social workers only)



Laura Keeler

ABOUT THIS SESSION

In this session, participants will explore how trauma shapes sequential brain development and influences behavior and relationships across the lifespan. Participants will learn to identify trauma-driven patterns of relational dysregulation and gain practical, trauma-informed strategies that support brain, body and relational care.

ABOUT THE PRESENTER

Laura Keeler, LMSW, is a psychotherapist at Willow Therapy Associates, providing trauma-focused care to adults. She earned her Master of Social Work from Baylor University and her Bachelor of Science in Family Studies from Brigham Young University. Laura is trained in eye movement desensitization and reprocessing (EMDR) and is a Certified Trauma Professional (CTP), specializing in complex and developmental trauma. Her clinical work is grounded in interpersonal neurobiology and attachment-based frameworks, with an emphasis on nervous system regulation, emotional safety and relational functioning. Laura is committed to supporting trauma-impacted populations and promoting understanding of trauma responses within both clinical and relational contexts.