

ROOTS OF RESILIENCE

TEACHERS AWAKENING CHILDREN'S HEALING



PROFESSIONAL DEVELOPMENT OFFERINGS

WORKSHOPS

Roots of Resilience: An Introduction (3 hours)

Using a Trauma-Lens to Nurture Resilience with Young Children and Families

Description: This workshop is an introduction to nurturing resilience with young children and their families using a trauma-lens. Participants examine trauma, resilience, and how trauma affects children and families. It also offers practical strategies for reflection and application to nurture resilience in ourselves and in those we serve.

Audience: professionals serving young children and families (e.g., early childhood teachers and child care providers, parenting educators, home visitors, early intervention special education, and others).

Roots of Resilience: Two-Day Workshop (10 hours)

Nurturing Children's Roots of Resilience in Trauma-Responsive Early Care and Education

Description: In this workshop, teachers/providers strengthen their knowledge of trauma and resilience in children's development, learn to use a trauma-lens, and plan and practice practical strategies for reflection and application to nurture resilience in themselves, children, and families. There is an

emphasis on children ages 3-5 years, but the majority of the content and strategies are relevant for working with children from birth through 8 years of age and their families.

Audience: Early childhood teachers and child care providers in home-based or center-based programs, including Head Start.

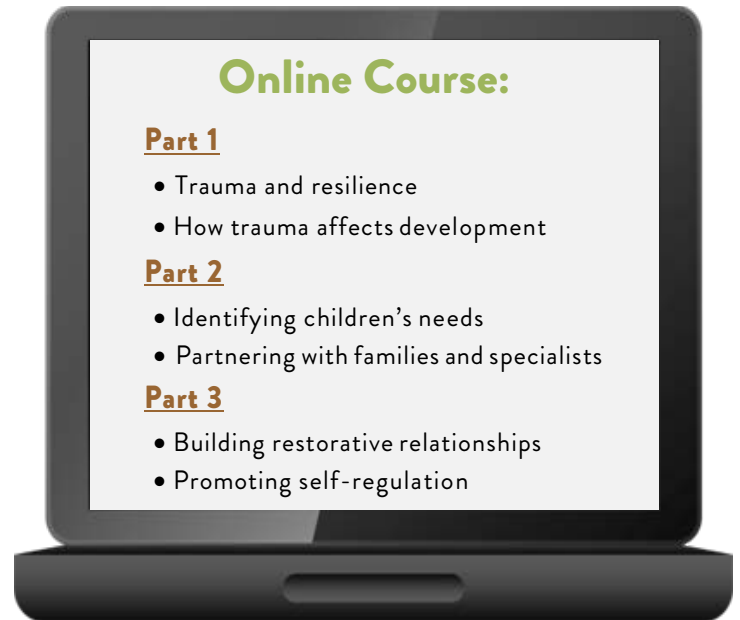
BASED ON THE LATEST
SCIENCE OF EARLY
CHILDHOOD DEVELOPMENT,
TRAUMA, AND RESILIENCE.

ONLINE COURSE

Roots of Resilience: Teachers Awakening Children's Healing (Online Course: 30 hours)

Overall Description: This is a 3-part online course that includes activities, readings, videos, case studies, reflections, and applied practices using a workbook. The course is self-paced, but participants also receive support from an instructor at Oregon State University. Participants deepen their knowledge of trauma and resilience in children's development, learn to use a trauma-lens for observing and assessing children, cultivate partnerships with families and specialists, nurture their own resilience, and strengthen relationships and self-regulation with children impacted by trauma. There is an emphasis on children ages 3-5 years, but the majority of the content and strategies are relevant for working with children from birth through 8 years of age and their families.

Audience: Early childhood teachers and child care providers in home-based or center-based programs, including Head Start.



VIDEO-BASED COACHING

Roots of Resilience: Teachers Awakening Children's Healing (Coaching: 8 hours)

Web-based Skill Building to Promote Children's Self-Regulation

Description: This is a 6-session strength-based video coaching program focused on promoting young children's self-regulation. Participants meet 1-1 with their coach via a secure web platform. Participants film

themselves engaging with children for 20 minutes per week during normal daily activities and upload the film to a secure server at Oregon State University. Coaching sessions involve education, discussion, reflection, and review of video clips of the teacher already using effective teacher-child interaction that supports children's self-regulation development.

Audience: Early childhood teachers and child care providers in home-based or center-based programs, including Head Start, who care for at least some children ages 3-5 years of age.



For more information about learning objectives, costs, and availability contact Dr. Shannon Lipscomb at Oregon State University: Shannon.lipscomb@osucascades.edu and use subject line Inquiry about Roots of Resilience Offerings