



International Association of Trauma Recovery Coaching
Executive Director: Bobbi L Parish, MA, TICC, CTRC-S
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INITIAL CERTIFICATION COURSE SYLLABUS FEBRUARY 2024

Required Reading:

Complex PTSD by Pete Walker

The Body Keeps the Score by Bessel Van Der Kolk

Anchored: How to Befriend Your Nervous System by Deb Dana

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 a few weeks before class begins.

Meet & Greet

We will have two Meet & Greet sessions for the new course. They will be Tuesday, February 13, 2024 at 11am EST and Wednesday, February 14, 2024 at 7:30pm. We invite you to attend to meet our staff and your fellow students. These meetings will last for 90 minutes.

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 recorded 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 4, 2024, through March 29, 2024. Participation Practice Groups will be held from April 1, 2024 through June 21, 2024.

We ask that you not attend more than one Group – either an Observation Practice Group, Participation Practice Group or Supervision Group – per week to give all students a chance to space their group attendance out over the course of the semester. So please plan to set aside one hour a week from March 4th through March 29th and ninety minutes a week from April 1st through June 21st to attend Practice Groups (although we have ten weeks of Participation Practice Groups you only need to attend nine groups, so you will have one week off in that second set of dates). Then you will need one hour a week for Supervision Groups (see below) starting in July.

The first four weeks Practice Group will consist of you observing Trauma Recovery Coaching. These will be led by a Supervisor credentialed 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 multiple 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 until June 21, 2024. These groups will provide students with the opportunity to begin developing their Trauma Recovery Coaching skills. Students will play the role of a coach in the groups under the guidance of a Supervisor. 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 select which Practice Group sessions work best for you. **YOU MUST ATTEND THIRTEEN PRACTICE GROUPS** to meet the certification qualifications. It is your responsibility to track which Practice Groups you attend by reporting them via a Google Docs form. The link will be provided to you in Mighty Networks.

We ask that, if possible, you attend the same Observation Practice Groups and Participation Practice Group throughout the time that these groups are offered. This allows you to build a relationship with your fellow practice group members and your Supervisor – helping to create a safe container for your work. We realize this won't always be possible, but when it is, we invite you to do so.

Supervision Groups

The Association considers our Certified Trauma Recovery Coaches to be mental health professionals. As such you will see many of the same features of other mental health professions in our program. One of those elements is Supervision. Supervision offers an opportunity for coaches to get feedback on specific client issues, challenges they may be having in their coaching practice, advice on general any coaching issues they might be having and the opportunity to gain additional education and insight on specific topics such as Domestic Violence or Internal Family Systems that a Supervisor might have.

To obtain your Advanced and Supervisor level credentials you must obtain a certain number of one-to-one Supervision hours. However, for the Initial Course you are only required to obtain five Group Supervision hours. Group Supervision is provided free by the Association to all our Coaches, because we believe it is a powerful source of resources and support. You may begin attending Group Supervision in July of 2024. You will be given a link to the Supervision schedule to choose which groups you'd like to attend.

Unlike the Practice Groups, you need not attend the same Supervision Groups each week. You may choose to attend the same ones or a different one for each of your five Group Supervision session requirements.

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 those wishing to watch the video replay. 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 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

You will be assigned a small group and Coach Mentor at the beginning of the course. Their purpose is to both provide community and help you successfully complete the course. You will have a group in Mighty Networks to communicate with your mentor and the other mentees in your group. This is an excellent resource for you to ask questions and get support if doing so in the larger group of all the course students feels like a place where you will get lost.

Your Coach Mentor will hold four small group meetings throughout the semester. These will give you an opportunity to hear announcements, ask questions and share your experience in the course with your small group. The initial meeting will be within the first ten days of the course beginning. Attendance at this first meeting is mandatory, but your attendance at the other meetings is optional.

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. All of your homework must be submitted in your final portfolio (a requirement for certification). If you wish, you can submit your homework to your Coach Mentor, who will provide you with feedback on your work. However, this is not a requirement.

Practicum Triad Experience

After Participation Practice Groups end you will be assigned to a triad of students to complete your Practicum Experience. You will meet five times with your triad members, for ninety-minute sessions, to practice coaching one another. In your fifth triad session a Supervisor will be present to complete a final evaluation of your coaching skills to assure that you meet the coaching competencies.

In order to participate in the Practicum experience you must be current on your tuition payments, have completed all of your Practice Groups and complete the Practicum Orientation, which consists of reading the guidelines, watching a short video and completing a quiz that reflects that you understand the Practicum process. You will be given more information about this during the first few weeks of class.

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.

Course, week by week

<u>Date</u>	<u>Subject</u>
February 13/14	Meet and Greet
February 20/21	Course Introduction
February 27/28	Introduction to Trauma Recovery Coaching as a Career
March 4	Observation Practice Groups Begin

March 5/6	Introduction to Trauma and Trauma's Impact on Children
March 12/13	Attachment and Psychosocial Development
March 19/20	Intergenerational Trauma and Genograms
March 26/27	The Multi-Dimensionality of Trauma Survivors
April 1	Participation Practice Groups Begin
Video Lesson	Trauma's Impact on Adults Psychological
April 2/3	Trauma's Impact on Adults: Biological
April 8 – 12	Association Break – No classes or groups
April 16/17	Trauma's Impact on Adults: Emotional and Relational
April 23/24	Multi-Focal Aftereffects of Trauma
April 30/May 1	Attunement and Basic Coaching Skills
May 7/8	Trauma Recovery Coaching Skills, Part One: Foundations
May 6	Practicum Orientation Period Begins
May 14/15	Trauma Recovery Coaching Skills, Part Two: Resourcing
May 21/22	Trauma Recovery Coaching Skills, Part Three: Process and Structure
May 27- 31	Association Break; no classes or groups
June 4/5	Trauma and Adaptive Coping Strategies: Addictions, Disordered Eating, Self-Harm, Suicidality
June 5	Practicum Orientation Period Ends
June 11/12	Initial Appointment Protocol
Video Lesson	Second and Third Appointment Protocols
June 17	Practicum Triads Announced
June 18/19	Relationship Rupture and Repair

June 21	Participation Practice Groups End
June 25/26	Spirituality in Trauma Recovery
July 1	Practicum Period Begins
July 2/3	Coaching as a Business
July 9/10	Policies, Procedures, Safety and Liabilities
July 16/17	Self-Care for Coaches
July 20	Study Session
July 23/24	Final Class – Wrap Up