



Real Life Heroes® Training Programs

RLH FUNDAMENTALS

RLH Fundamentals provides therapists with field-tested tools to address critical challenges faced by child and family services and behavioral health programs including:

- ♦ *How to engage and sustain engagement with youths and families who have experienced recurrent traumas and persistent traumatic stress.*
- ♦ *How to increase the efficacy of existing evidence-supported trauma treatment models.*
- ♦ *How to provide cost-effective training in treatment centers with high rates of turnover, limited resources and requirements for productivity.*

Tools and activities link youths and parents/caregivers to strengths in their families, communities and cultural heritage, promote development of affect modulation skills, strengthen (or build) emotionally supportive relationships, and promote trauma memory re-integration. **RLH combines creative arts, mindfulness, yoga, movement, and storytelling with the imagery of the 'hero's journey'** in a flexible format that can be easily adapted for a broad range of youths, families and programs.

RLH Fundamentals includes a trauma and resiliency-focused toolkit, life storybook, handouts, live video-streamed workshops and consultation groups, on-demand asynchronous training modules, practice guides, demonstrations and supervisory and director-level consultation sessions. **These are 'how-to' training programs** that enable therapists and program leaders to increase the efficacy of evidence-supported treatments for complex trauma with youths and families who have experienced abuse, neglect, family violence, historical traumas, losses, illness, or placements into foster families, juvenile justice, refugee, residential, hospital or school-based programs.

RLH training programs are adapted for organizations to match priorities, available time, previous training, and organizational objectives. Participants typically receive copies of RLH books and tools and have opportunities in each training session to practice development and implementation of the *RLH* multi-dimensional assessment and service plan, session structure, and the *Real Life Heroes Life Storybook*, 3rd ed., for use with youths and families. Consultation groups and video-streamed workshops include development of strategies for managing challenges frequently encountered in trauma therapy as well as adaptations to engage youths and families and implementation in a wide range of programs and communities.

Program Goals

- ◆ **Increased Engagement:** Training in use of *Real Life Heroes* leads to:
 - Increased levels of initial and sustained engagement in therapy for Complex Trauma/Developmental Trauma Disorder with reduced ‘no-shows’ and ‘drop-outs’ compared to years before training.
 - Expansion of services to youths and families who have experienced chronic traumas and were not previously engaged in sustainable evidence-supported complex trauma therapy.
- ◆ **Effective Therapy:** Clinicians utilize *Real Life Heroes* assessment and therapy tools to assure implementation of National Child Traumatic Stress Network (NCTSN) recommended core components for assessment and treatment of Complex Trauma/Developmental Trauma Disorder.
- ◆ **Flexible, Cost-effective Training:** Training in use of *Real Life Heroes* can be adapted to match time and financial constraints for organizations and practitioners.
- ◆ **Clinician Endorsement:** Clinicians indicate value for their work and utilization of RLH tools *after* completion of *RLH Fundamentals* training.
- ◆ **Sustainability:** On-going training utilizing video-streamed, asynchronous & in-house train-the-trainer) and continued implementation of RLH tools by clinicians with youths and families with complex trauma.

RLH FUNDAMENTALS TRAINING SEQUENCE & COSTS

RLH Fundamentals is offered for *individual* clinicians registering for *RLH On Demand* (see below) or planned hybrid learning collaboratives (\$995/clinician). **Package prices will be developed for each organization** with costs based on the number of clinicians registered. Hybrid programs are highly recommended combining live, video-streamed and asynchronous programs.

- ◆ **RLH On-Demand** (24 CE's); \$299 for individual clinicians (with ASWB and NBCC CE's); \$99 (without CE's) plus cost of two RLH e books and creative arts supplies (\$120)
 - **Discounts for groups and organizations are available for *RLH On Demand*** linked to the number of participants registered.
 - RLH On-Demand with CE's is included in the cost for individual clinicians enrolled in learning communities.
 - Typical training costs include purchase for each therapist of one *Real Life Heroes Toolkit*, 2nd edition¹ (Paperback, approximately \$83, or e book, \$63), one *Real Life Heroes Life Storybook*, 3rd edition² (Paperback, \$43 or e book, \$34), peacock feathers for therapists (35-40 inches, 90- 100 cm long, approximately \$1 each when purchased in bulk) and one small xylophone (two-octave note bells, approximately

¹ E book available from Routledge Press at: <https://www.routledge.com/Real-Life-Heroes-Toolkit-for-Treating-Traumatic-Stress-in-Children-and/Kagan/p/book/9781138963474>

² E book available from Routledge Press at: <https://www.routledge.com/Real-Life-Heroes-Life-Storybook/Kagan/p/book/9780415518048>

\$20). Books are available from Routledge.com³ or Amazon at discounted prices. Additional creative arts supplies are recommended but not required.

- RLH books can be translated by interested organizations by contracting with Routledge Press.
- **Certificates of Completion of RLH Fundamentals** (24 CE's, ASWB & NBCC approved) are available for therapists who complete all components of RLH On-Demand or live streamed RLH Fundamentals Training Program including readings, reflections and passing quizzes.
- **To register as an individual clinician, please select:**
 - RLH On Demand *with ASWB and NCBCEs*:
<https://login.mindshiftcenter.org/courses/offers/949a7ef0-a31f-4575-82ad-9cd4f2ad1991>
 - RLH On Demand with RLH Course *without CE's*:
<https://login.mindshiftcenter.org/courses/offers/a66494fd-3435-4aa2-b016-53e6e3a9f960>
- ◆ **RLH Live-streamed Small Group Therapist Consultation Sessions** (One hour a month for 10 months, 4-10 therapists per group (\$2500 per group in organizations), included in the cost for organizations or individual clinicians enrolled in planned learning collaboratives)
- ◆ **RLH Live-streamed Consultation Sessions for Supervisors and Directors** (five, one-hour sessions; \$1000 per organization, included in the cost for organizations).
- ◆ **Live-streamed Workshops** (Cost determined by number of participants in organizations and included in the cost for individual clinicians enrolled in planned learning collaboratives). Workshops (90-minutes each) include :
 - *'When Trauma isn't Post'; Increasing Engagement and Efficacy of Evidence-supported Therapy for Persistent Traumatic Stress (RLH Overview)*
 - *Multi-dimensional Assessments, Therapy Planning and Clinical Decision-making to Promote Engagement*
 - *RLH Phase I (Chapters 1-8); Starting the Journey*
 - *RLH Phase II (Chapters 9-12); Life Story Integration*
- ◆ **RLH Clinician Certification.** Requirements include: Completion of 24 hours of RLH On-Demand, 6 hours live-streamed *RLH Fundamentals* workshops, readings and passing quizzes, 10 small group one-hour consultation sessions, documentation of weekly or biweekly supervision or consultation within agencies/programs by supervisors trained in RLH or RLH trainers and implementation of RLH with four youths and families with at least moderate fidelity certified by agency/program supervisors or RLH trainers. A master's degree is required in Social Work, Psychology, Counseling, Marriage and Family Therapy or related field for Clinician Certification. Cost TBD for organizations and individual clinicians.

³ Routledge provides a 40% discount for organizational purchases for RLH books and tax-free purchases for non-profit organizations. Discounts may be obtained by contacting John Defalco, Routledge Account Manager, at: john.defalco@taylorandfrancis.com or call: 917-351-7128

- ♦ **RLH In-house Train-the-Trainer Program** (available for organizations; cost TBD). Video-streamed (live) train-the-trainer programs are available for directors, supervisors, or consultants to prepare for leading training programs as ‘in-house trainers’ with their own staff using RLH On Demand and other RLH resources. In-house trainers can utilize RLH materials including PowerPoints and handouts to lead workshops and to promote team development and collaboration.
- ♦ **RLH Master Trainer** (available via invitation)

RLH ON DEMAND

RLH On Demand was developed for treatment centers experiencing high turn-over and challenges freeing therapists for scheduled training programs. This program includes the ***RLH Fundamentals*** curriculum *and* is available for beginning and advanced practitioners at times that best match their schedules through-out the year on a laptop or mobile device. *RLH On Demand* allows therapists to focus their time on learning how to use the RLH framework and tools that will be most helpful for their work. This practice-focused training program that helps therapists build on previous training in trauma treatment and implementation from the first training module.

RLH On Demand draws from implementation and adult learning research and builds sequentially beginning with a theoretical and research foundation for attachment and resiliency-focused complex trauma therapy followed by initial messages to youths and parents/caregivers, assessments, collaborative service planning, fidelity checks and chapter-by-chapter implementation of the *RLH Life Storybook*. The curriculum is matched to NCTSN’s recommended ‘best practices’ for child welfare and phase-based complex trauma treatment and can be used to supplement other evidence-supported trauma treatment models, e.g., ITCT, ARC, SPARCS, TST, TF-CBT, TARGET.

Each *RLH On-Demand* training module includes video and slide presentations, brief quizzes, therapist reflections and practice designed to help therapists become comfortable implementing tools and activities so they can adapt material to increase and sustain engagement. Reflections are designed to promote therapist growth, use of self in therapy and prevention of secondary PTSD. Modules are accompanied by PowerPoint handouts downloadable tools and worksheets that guide implementation. *RLH On-Demand* can be used by professionals working alone or in teams. **RLH On- Demand is optimally supplemented by clinical consultation groups, supervisor/director consultation and video streamed workshops** to promote application in a wide range of programs and with diverse children, adolescents, and families.

RLH LEARNING COLLABORATIVES

RLH Learning Collaboratives are planned beginning October 2026 and will provide opportunities for individual clinicians or small numbers of clinicians and supervisors from organizations to work together utilizing RLH Fundamentals. Consultation groups

and live-streamed workshops will address adaptations of RLH materials to maximize efficacy in programs and communities served by participating clinicians. Learning Collaboratives will include:

- ◆ Live video-streamed workshops (6 hours)
- ◆ Live video-streamed consultation groups (4-10 therapists per group)
- ◆ *RLH On-Demand* including 24 CE's (ASWB & NCBH-approved) with completion of all modules, activities, readings and passing quizzes.

TRAINING PARTICIPANTS

RLH Fundamentals is designed for psychologists, social workers, counselors, marriage & family therapists, school professionals, and other mental health providers seeking to strengthen their skills serving children, adolescents and families impacted by complex trauma. Training programs include bachelor's-level social workers, family support workers, intensive in-home workers, residential counselors, foster parents, and other professionals working as part of trauma-informed teams with youths and families in child and family services, educational, or behavioral health programs. Participants without licensure must be supervised within their agencies by licensed staff to implement RLH as a trauma treatment.

Programs seeking RLH training have typically provided their staff with trauma-informed training and are seeking to expand and sustain engagement with youths and families with persistent traumatic stress including youths:

- Who have not disclosed the most significant traumas in their lives or when suspected traumas have not been validated
- Who have demonstrated high-risk behaviors
- Who lack a safe, non-offending parent or caregiver committed to raising them or able and willing to participate in trauma-focused treatment
- Who are grappling with multiple problems and traumas extending over generations
- Who refuse to work in trauma-focused treatment

RLH training programs provide a framework, strategies, tools and practice tips for expanding the reach of evidence-supported trauma therapies, augmenting previous training in trauma treatment.

LEARNING & ORGANIZATIONAL OBJECTIVES

After completion of *RLH Fundamentals*, therapists will demonstrate increased understanding and abilities to:

- ◆ Identify different types of chronic complex traumatic stress and describe the impact of chronic traumatic stress on youths, families and communities
- ◆ Describe and utilize diagnostic indicators for Complex PTSD and Developmental Trauma Disorder.

- ◆ Describe and implement NCTSN-recommended components for treatment of Complex Trauma.
- ◆ Assess a range of basic feelings, safety, levels of self and co-regulation, and emotional support for youths and parents/caregivers within primary relationships as well as the impact of multigenerational traumas, discrimination, racism and community violence, chronicity of traumas and resiliency factors.
- ◆ Develop assessment-driven treatment plans and treatment strategies matched to a youth's emotional and cognitive development, level of self- and co-regulation, predictability and preventability of any recurrent traumas and level of security and emotional support of primary youth-parent/caregiver relationships.
- ◆ Promote & sustain engagement with children, adolescents, parents and caregivers in resiliency-focused therapy for Complex Trauma/DTD and collaborative treatment planning.
- ◆ Promote & sustain engagement with parents & caregivers in resiliency-centered therapy for Complex Trauma/DTD.
- ◆ Strengthen youth and parent/caregiver attunement and trust.
- ◆ Utilize strategies to increase skills for self and co-regulation of feelings.
- ◆ Promote safety for youths, families and communities.
- ◆ Promote coping skills to manage stressful events.
- ◆ Reduce traumatic stress reactions to reminders of past traumas and on-going or predictable stressors.
- ◆ Help youths and parents/caregivers overcome feelings of shame and develop a positive self-image for each family member connected to their cultural heritage.
- ◆ Engage and empower parents/caregivers to understand the impact of traumas on their children and their own lives, to learn how to prevent or reduce trauma reactions and to become the heroes youths need to restore safety and rebuild (or build) emotionally supportive relationships.
- ◆ Utilize life story work to help youths and their parents/caregivers to develop stronger identities linked to their families and cultural heritage including lessons learned from living through past and ongoing adversity e.g., discrimination, racism, community violence as well as relational traumas.

Organizational objectives include:

- ◆ High rates of therapist implementation of RLH core components, Life Storybook chapters and Toolkit resources, e.g. *Circles of Caring*, *My Thermometers*, *SOS for Stress*, *Moving Through Tough Times*, with 2-4 youths and families beginning the first weeks after the initial workshop and optimally 10 youths and families in the first year after the workshop.
- ◆ Sustained implementation of RLH core components and NCTSN 'best practice' recommendations by therapists after completion of training programs with all youths and families who have complex trauma/DTD.
- ◆ Sustained implementation of chapters from the RLH *Life Storybook* and RLH *Toolkit* resources, e.g. *Circles of Caring*, *My Thermometers*, *SOS for Stress*, *Youth and Parent/Caregiver Power Plans*, *Moving Through Tough Times*, after completion of training with youths and families who have complex trauma/DTD.

- ◆ Continuation of learning communities initiated or involved in RLH training including exploration of trauma and resiliency-focused treatment strategies, adaptations for youths and families served and prevention of Secondary PTSD for therapists and caregivers.

FIDELITY

Fidelity is assessed by program supervisor or training consultant reviews of practitioner implementation of key strategies and steps for assessment and treatment using four tools: the Trauma and Resiliency-focused Assessment and Service Planning tool, the RLH *Chapter Checkpoints*, the RLH *Progress Note (Abbreviated or Long Form)*, and the RLH *Service Plan Review*. These tools include key tasks and points to be covered for each chapter of the workbook, in each treatment session, and in service plan reviews. These tools include key tasks and points to be covered for each chapter of the workbook, in each treatment session, and in service plan reviews. Evaluations of fidelity are rated for each chapter and component of RLH Treatment with a 3-point scale: Low, Moderate, High. Moderate levels are required to demonstrate fidelity. Fidelity ratings are evaluated for individual therapists and for programs as part of a QI approach to identify challenges and develop solutions in programs.

In addition, reviews by supervisors of practitioner's use of the RLH Trauma and Resiliency-focused Assessment and Service Planning tool provides information on assessment and treatment planning skills. Self-report surveys of trauma-informed knowledge, skills and organizational policies and practices are also used to develop training programs and can be repeated after training programs along with pre-post practitioner stress evaluations to assess development of trauma-informed programs and reduction of secondary PTSD.

THERAPIST FEEDBACK ON RLH TRAINING AND BOOKS

"I have to share with you how helpful the curriculum has been. . . I use 'My Thermometers'" with ALL of my clients - they even request it - . . . Thank you for this fantastic tool."

". . . I've witnessed how your Real Life Heroes program truly does assist children and their caretakers in processing their trauma and strengthening their relationship with each other. . ."

"It's my real first attempt to implement and I am very very pleased with how quickly your format emphasizes safety and trust. Thank you Dr. Kagan for giving us this vehicle to help families rebuild their bonds. . . I was deeply moved earlier today with interactions between siblings and between child and parent-and all through the open doors your book allowed. . ."

"Dr Kagan had a very nice way of presenting material that is playful and engaging. I have been given more 'tools' to use in this presentation than any other thus far (4th day of 5 day conference)

“Great presentation with provision of wonderful tools to use with children who are victims of any kind of trauma. . .”

“Excellent participatory experiences. Clear, sequential—incorporated all essential ingredients”

“... I truly enjoyed your trauma training and I honestly think it was one of the most valuable things I learned here. I can take the skills and strategies you taught us into the next chapter of my career, and I am very appreciative of that. Thank you”

“Great experiential exercises”

“... really awesome”

“I wanted to write you a quick note to say again how much I appreciated your presentation of "Real Life Heroes" last week. . . . I worked for over 22 years . . . and for many years I coordinated development of trauma recovery groups. I am impressed by the "Real Life Heroes" treatment and tool kit and want to thank you for your passion and work. “

“The creative activities were awesome!”

“Fantastico!!!”

CITATIONS FROM EXECUTIVE DIRECTORS, PROGRAM DIRECTORS AND SUPERVISORS

“This has been the most successful implementation of any treatment model we’ve offered.”

“I wanted to say again how much we enjoyed the training . . .(the therapists) said after you left that it was one of the best trainings they have ever had. . . . I am seeing a lot of Real Life Heroes in progress notes!”

“I have heard nothing but wonderful things about RLH from the staff! Sometimes a training may be well received, but it still isn’t something you see implemented very consistently. So, it is especially wonderful to know that the staff are utilizing RLH.”

“It’s not ‘one more thing’, it’s ‘the thing.’”

“Everyone is talking about how much they enjoyed the training and how well it applies to our population. You did a wonderful job.”

“... the evaluations . . . were very positive, and I was thrilled that staff were able to identify so many useful strategies and activities that they can use with the children and families.”

“It was beyond wonderful to have you here. Thank you so much for an amazing training and for bringing us together around this work.”

“Your training was interesting, inspiring (and fun!). I have to figure out a way to fit in some part time clinical practice!!”

“Your keynote presentation was well received and inspiring. We have received rave reviews for this conference, and we owe a large part to your willingness to speak both as a keynote and workshop presenter.”

“Your presentation was excellent---and you covered a lot of material very clearly and succinctly.”

“Wonderful model . . . Thanks for the presentation.”

“I just wanted to thank you again for the training you did for us last week. I've heard nothing but positive, enthusiastic comments from the staff who attended.”

“The clinicians have enjoyed utilizing the workbook with their clients and have found it to be very successful in working with our children and families. . . .”

“I have ONLY very positive feedback from folks that attended RLH last week. Thank you so much!!”

“It was beyond wonderful to have you here. Thank you so much for an amazing training and for bringing us together around this work. . . .”

“Dr Kagan had a very nice way of presenting material that is playful and engaging. I have been given more ‘tools’ to use in this presentation than any other thus far (4th day of 5 day conference)

“Great presentation with provision of wonderful tools to use with children who are victims of any kind of trauma. . . .”

“Excellent participatory experiences. Clear, sequential—incorporated all essential ingredients”

“Great experiential exercises”

“Your presentation was excellent---and you covered a lot of material very clearly and succinctly.”

“Wonderful model Thanks for the presentation.”

“It has been a wonderful year for the staff! We are so happy to have your model and your personal expertise to give us tools to serve the most vulnerable children.”

“I just wanted to thank you again for the training you did for us last week. I've heard nothing but positive, enthusiastic comments from the staff who attended. . . in our three days of training, I really came to appreciate the breadth and depth of the model's theoretical underpinnings. It is a rich and beautiful model and I'm grateful for having had the opportunity to learn about it from you.”

PREVIOUS TRAINING SITES

RLH training has been provided to therapists at state-wide and national conferences, conferences for regional centers for excellence, university-based training programs, and child and family mental health and family service agencies in the U.S., Canada and Hong Kong including:

Adelphi University

American Professional Society on Abuse of Children, Annual Conferences

American Psychological Association, Annual Conference

Annie E. Casey Foundation/Casey Family Services and Casey Family Programs,

National Convening on Youth Permanence

ATTACH, Annual Conference

Aurora Mental Health and Recovery, Aurora, Colorado

Bethany Christian Family Services, Grand Rapids, Michigan

Burrell Health Services, New Frontiers Conference, Springfield, Missouri

Catawba County Department of Social Services, Hickory, North Carolina

Child Advocacy Center of Greater St. Louis, St. Louis, Missouri

Child Welfare League of America, Annual Conference

Children's Home Society of Florida

Children's Institute International, Annual Conference

Children's Law Center Children's Law Conference, Columbia, South Carolina

Coalition of Adoption and Foster Family Agencies and the New York State Office
 of Children and Family Services, Buffalo, New York
 Dalhousie University, Halifax, Nova Scotia and Prince Edward Island, Canada
 Depelchin Children's Center, Annual Conference
 Family Violence Sexual Assault Institute, the Children's Justice Task Force of
 Oahu, Hawaii Youth Services Network, Catholic Charities Family Services
 (Oahu), and Kapi'olani Child Protective Services, Honolulu, Hawaii
 Hincks –Dellcrest Centre, Toronto, Ontario
 Hong Kong Student Aid Society, Mark Memorial Home, Hong Kong, China
 Institute of Violence, Abuse and Trauma, International Conference on Family
 Violence
 International Society for Traumatic Stress Studies, Annual Conferences
 Kaua'i Children's Justice Grant Committee, Lihue, Hawaii
 Lund Family Center, Annual Conference
 Mid-Maine Child Trauma Network Conference, Augusta, Maine
 National Child Traumatic Stress Network All-Network Conferences
 New Directions, Buffalo, New York
 New York State Coalition for Children's Mental Health Services, Annual
 Conferences
 Oakland County Community Health, Oakland, Michigan
 Oklahoma Department of Mental Health and Substance Abuse Services,
 Children's Conference
 Parsons Child and Family Center, Albany, New York
 Northeast Parent and Child Society, Schenectady, New York
 San Diego International Conference on Child & Family Maltreatment, San Diego,
 California
 Sexual Trauma Services of the Midlands, Columbia, South Carolina
 Southeast Center of Excellence, Chattanooga, Tennessee
 Starfish Family Services, Westland, Michigan
 State University of New York at Albany, School of Social Welfare
 Toronto City Youth Development, Toronto, Ontario, Canada
 United Counseling Services, Annual Conference, Bennington, Vermont
 University of Buffalo, SUNY-Buffalo, School of Social Work
 University of Wisconsin-Madison, Sex Abuse Treatment Conference
 University of Wisconsin-Milwaukee, Summer Conference, Milwaukee, Wisconsin
 Washington Department of Social Services
 Western Michigan University, Child Trauma Assessment Center
 Wisconsin Family Based Services Association, Green Bay, Wisconsin

CONTACT INFORMATION FOR CUSTOMIZED TRAINING PROGRAMS

**Each training program is tailored to match organizational priorities,
 available staff time and funding.** Please contact Dr. Kagan at *Training Programs*

on Traumatic Stress to work out a training plan that would be optimal for your organization. E mail: richardkagan7@gmail.com

APPENDIX I

FREQUENTLY ASKED QUESTIONS

In which settings has RLH been delivered?

RLH has been utilized to help children, adolescents and families involved in a wide range of programs including Outpatient Behavioral Health Clinics, Home-based Intensive Family Therapy and Prevention of Placement Programs, School-based and Day Treatment Programs, Foster Family Care, Older Child Adoption, Residential Treatment, Community Mental Health, Schools, Refugee Programs and services for youths and young adults with intellectual and developmental disabilities.

How do I know if RLH is a good fit for my organization?

RLH has been successfully implemented in a wide range of organizations that have been concerned with increasing the efficacy of trauma treatment programs for youths and families who have experienced multiple or recurrent and have demonstrated persistent traumatic stress. Implementation and sustainability are maximized when program leadership and staff are committed to:

- Providing assessment-driven, evidence-supported treatments.
- Serving a wide range of youths and families including youths and families who have not benefited from previous trauma-informed treatment programs.
- Increasing professional skills and productivity.

How do I know if RLH is a good fit for me as a provider?

RLH appeals to practitioners who combine caring and flexibility including a willingness to try out new perspectives, new tools and using creative arts to increase engagement and efficacy. RLH tools and strategies include art, music, storytelling, improv, yoga and movement.

What are the training requirements?

RLH Fundamentals is designed for psychologists, social workers, counselors, marriage & family therapists, school professionals, and other mental health providers. Training programs include bachelor's-level social workers, family support workers, intensive in-home workers, residential counselors, foster parents, and other professionals working as part of trauma-informed teams with youths and families in child and family services, educational, or behavioral health programs. Participants without licensure must be supervised within their agencies by licensed staff to implement RLH as a trauma treatment.

What additional requirements are there for organizations implementing RLH?

Program leaders are invited to meet with Dr. Kagan in 2-3 consultation sessions and to complete surveys regarding previous trauma training, program goals, capacity for training and supervision, and readiness for implementation. Development of learning collaborative is highly recommended. Organizational consultation typically includes six monthly consultation sessions with program leaders over the course of a 10-month training period.

What is the cost to host or to attend a RLH training?

RLH Fundamentals is offered for *individual* clinicians registering for *RLH On Demand* (\$299 with CE's or \$99 without CE's) and planned learning collaboratives including live-streamed workshops, consultation groups and access to *RLH On Demand* (\$995/clinician). **Package prices will be developed for each organization** with costs based on the number of clinicians and program leaders registered.

Are there additional expenses to provide RLH?

Typical training costs include purchase for each therapist of one *Real Life Heroes Toolkit*, 2nd edition⁴ (Paperback, approximately \$83, or e book, \$63), one *Real Life Heroes Life Storybook*, 3rd edition⁵ (Paperback, \$43 or e book, \$34), peacock feathers for therapists (35-40 inches, 90- 100 cm long, approximately \$1 each when purchased in bulk) and one small xylophone (two-octave note bells, approximately \$20). Books are available from Routledge.com⁶ or Amazon at discounted prices. Additional creative arts supplies are recommended but not required.

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⁵ E book available from Routledge Press at: <https://www.routledge.com/Real-Life-Heroes-Life-Storybook/Kagan/p/book/9780415518048>

⁶ Routledge provides a 40% discount for organizational purchases for RLH books and tax-free purchases for non-profit organizations. Discounts may be obtained by contacting John Defalco, Routledge Account Manager, at: john.defalco@taylorandfrancis.com or call: 917-351-7128

APPENDIX II

RLH Fundamentals Curriculum for CE Applications

RLH Fundamentals Training Program modules cover:

I. *Resiliency-Focused Therapy for Complex Trauma and Developmental Trauma Disorder*

- ◆ The impact and experience of chronic complex trauma/DTD
- ◆ The challenge of engagement, retention & inclusion
- ◆ Recommended 'best practice' treatment components
- ◆ Using *RLH* core components, *Life Storybook* chapters and fidelity guides to address 'best practice' components
- ◆ Creating opportunities for parents/caregivers and youths to practice attunement and build or strengthen trust with drawing, rhythm, music, yoga and storytelling using the *RLH* Session Structure, *RLH Toolkit* Chapter by Chapter guides, Chapter Checkpoints, Pitfalls, Adaptations, Troubleshooting, assessment and chapter by chapter activity worksheets
- ◆ Clinic-based youth & parent illustrations
- ◆ Practice implications from *RLH* research
- ◆ Feedback from youths and parents/caregivers about *RLH*

II. *Starting the Journey: Expanding Engagement and Inclusion with Resiliency-focused Assessments and Collaborative Service Planning*

- ◆ Building on 'the hero's journey' to restore hope and Transforming therapy into a journey
- ◆ Opening messages to create realistic hope and demonstrate respect for youths and parents/caregivers coping with adversity
- ◆ Looking for strengths and resources in the youth, family, their cultural heritage and community
- ◆ Avoiding shame-inducing messages and diagnostic terms
- ◆ Using the *Circles of Caring* and *My Thermometers* to assess youths and parents/caregivers' relationships, emotional functioning and regulation within relationships
- ◆ Assessing attachments, arousal, and developmental levels
- ◆ Utilizing transference and countertransference as clues to unlock stuck relationships
- ◆ Multi-dimensional assessment of chronic complex trauma
- ◆ Youths as wounded angels guiding us to unresolved pain
- ◆ Prioritizing trauma & resiliency-focused treatment to increase engagement
- ◆ Utilizing *RLH* core components in assessments and service planning,
- ◆ RTC illustration; 17-year-old youth and her family
- ◆ *RLH* Assessment & Service Plan for a youth and family identified by practitioner
- ◆ Optional: assessment illustration with a 14-year-old

III. *Developing Emotionally Supportive Relationships, Self- and Co-Regulation Skills to Manage Stressors: RLH Phase I Implementation (RLH Life Storybook Chapters 1-8)*
Chapters 1-2

- ◆ Introducing the *Life Storybook* and session structure to youths and parents/caregivers
- ◆ Restoring hope and curiosity with a little magic
- ◆ Engaging and enhancing youth-parent/caregiver attunement and empathy with rhythm, music, yoga and movement activities
- ◆ Trauma and resiliency psychoeducation to empower youths and parents/caregivers: introduction to neural development, understanding traumatic stress reactions and how developing affect modulation skills, strengthening emotionally supportive relationships and changing interactive behavior patterns can help
- ◆ Changing trauma triggers into opportunities for emotional development with Four-Step Parent/Caregiver Responses to reduce or prevent traumatic stress reactions
- ◆ Learning and practicing *SOS for Stress* and using the *Safety First Card*
- ◆ Building capacity for recognizing and expressing emotions
- ◆ Utilizing three-chapter storytelling with feelings

Chapters 3-4

- ◆ Identifying heroes to inspire skill-building and relationships
- ◆ Understanding how heroes work together, seek help and help others
- ◆ Developing youth and parent/caregiver *Power Plans* to change trauma reaction patterns
- ◆ 17-year-old RTC youth Power Plan & Action Cycles
- ◆ Using *The Hero's Challenge* to promote skill-building and developing relationships

Chapters 5-6

- ◆ Identifying and strengthening primary family relationships over time
- ◆ Important people and resources; finding and building relationships with mentors, friends, educators, clergy, coaches and other skill-builders
- ◆ Using 'improv' to promote sharing and build or strengthen youth-parent/caregiver relationships
- ◆ Day treatment 12-year-old building interactive support case example

Chapter 7

- ◆ Strengthening self and co-regulation with Mind Power (mindfulness skill-building)
- ◆ Creating Safe place/Safe relationship drawings and multi-modal stories including attachment-centered Resiliency Shields

Chapter 8

- ◆ Changing the Story (CBT moviemaking exercise for traumatic stress reactions)
- ◆ Day Treatment 14-year-old Example of Abbreviated Case; Changing the Cycle

IV. *Moving Through Tough Times, Building a Stronger Identity: RLH Phase II, Life Story Integration (RLH Life Storybook Chapters 9-12)*

Chapter 9

- ◆ Creating a Life Roadmap
- ◆ Organizing a Chronological Life Story including transitions and *Timeline*
- ◆ Understanding how trauma experience integration works

Chapter 10

- ◆ Applying resiliency-focused trauma experience integration principles
- ◆ Trauma experience integration with Five-chapter multi-modal storytelling
- ◆ Managing regrets and shame; apologizing and making restitution
- ◆ Integration of principles and strategies from CPP, TF-CBT, Progressive Counting & Nightmare Rehearsal Therapy
- ◆ Application with a 17-year-old in a residential treatment program
- ◆ Application with a 12-year-old in a day treatment program

Chapter 11

- ◆ Highlighting a future building on talents and interests

- ◆ Enhancing a strength-oriented identity (pride) including how the youth and parents/caregivers help others, protect each other and manage stressors
- ◆ Identifying nurturing and supportive relationships to grow and sustain

Chapter 12

- ◆ Creating an integrated strength-based life story in words, art, music or videos
- ◆ Helping other youths and families going through hard times and traumas (sharing wisdom and skills learned)

Advanced workshop modules address developing strategies for challenges to trauma treatment along with critical issues in trauma treatment identified in each organization.

I. Caregiver Engagement, Power, & Resilience

- a. Principles, strategies and practice tips designed to engage parents/caregivers based on attachment, trauma and resiliency research, initial messages to demonstrate authentic respect
- b. Engaging parents/caregivers as heroes with authentic respect recognizing what they have done to help their families survive adversity
- c. Building on parents/caregivers' caring and wishes for their children to re-attune, restore or strengthen positive interactions, and help youths and themselves co-regulate intense feelings
- d. Creating heroes teams including parents/caregivers as family leaders
- e. Using SOS for Stress with parents/caregivers
 - ◆ Empowering parents/caregivers to restore safety and use an enhanced understanding of neurobiology, repeated family interactions and the power of attuned, committed parenting to change repeated trauma reaction cycles and testing of changes by youths
- f. Helping parents/caregivers understand and use what they have learned from their own experiences with adversity and traumatic stress
- g. Finding respectful ways for parents/caregivers to accept youths' experiences, acknowledge their own mistakes, apologize when appropriate, and make lasting changes

II. Prevention of Secondary Traumatic Stress for Caregivers and Therapists

- a. Assessment of practitioner and caregiver Secondary PTSD and compassion fatigue
- b. Principles, strategies, and practice tips to prevent secondary PTSD or burn-out by organizations, teams, therapists and caregivers
- c. Putting principles into daily action

III. Adaptations

- a. Engaging and sustaining engagement with older youths, building on talents, passions and caring, promoting positive relationships and role transitions, rebuilding positive connections to youths' cultural heritage
- b. Recognizing and building on strengths and reducing stress in highly stressed foster and adoptive families, building on caring and commitment, accepting loss and grief, preventing and reducing traumatic stress reactions
- c. Recognizing and building on strengths and finding ways to promote youths reaching their potential in families with neuro-atypical youths or youths with intellectual deficits
- d. Working with refugee youths and families, living with uncertainty, respecting cultural norms, building on strengths, connections and cultural heritage

Clinical consultation sessions include:

- ◆ Practice strategies, tips, and checkpoints matched to each chapter, moving through the *RLH Life Storybook*
- ◆ Youth and family-focused consultation using the *RLH Trauma & Resiliency-focused Assessment & Service Plan* with practitioner families
- ◆ Identification of challenges for trauma treatment and development of strategies for model adaptation to overcome challenges
- ◆ Implementation by therapists and programs with diverse families and programs.

Consultation with supervisors and directors addresses:

- ◆ Pre-training assessments
- ◆ Development of training programs
- ◆ Coordination of workshops and consultation
- ◆ Trauma and resiliency-focused supervision
- ◆ Use of fidelity tools
- ◆ Identification of challenges for therapists and programs
- ◆ Development of strategies to overcome challenges
- ◆ Infusion of trauma and resiliency-focused treatment into organizational policies and procedures
- ◆ Sustaining implementation after training

Organizational consultation is also available including:

- ◆ Review of program and organizational challenges
- ◆ Identification of organizational priorities
- ◆ Creating a learning community
- ◆ Integration of resiliency and trauma-informed services
- ◆ Fidelity monitoring
- ◆ Development of strategies to overcome challenges
- ◆ Infusion of trauma and resiliency-focused treatment into organizational policies
- ◆ Sustaining resiliency and trauma-focused treatment