

# August 2025 - Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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4	<b>Learning Event</b> 5	<b>Introduction to TIC</b> 6	<b>Adverse Childhood Experiences</b> 7	<b>Building Community Resilience</b> 8
	<b>Comorbidities and Treatment Options: What All Clinicians Should Know About Comprehensive Trauma Treatment</b> Presented by wiseMIND 10 – 11 a.m. CST <a href="#">Register</a>	Presented by the Institute 5 – 6 p.m. CST <a href="#">Register</a> 	Presented by UT Teen Health 1 – 2:30 p.m. CST <a href="#">Register</a>	Presented by the Institute 10 – 11 a.m. CST <a href="#">Register</a>
<b>Creating a Thriving Community</b> 11	<b>Learning Event</b> 12	<b>Implementing TIC Principles</b> 13	<b>Adverse Childhood Experiences</b> 14	15
Presented by the Institute 1 – 2 p.m. CST <a href="#">Register</a>	<b>Caring Without Crashing: Navigating Compassion Through Emotional Intelligence and Trauma-Informed Care</b> Presented by Susan Almaraz Speaking & Consulting 10 – 11 a.m. CST <a href="#">Register</a>	Presented by the Institute 5 – 6 p.m. CST <a href="#">Register</a> 	Presented by Communities in Schools San Antonio 10 – 11:30 a.m. CST <a href="#">Register</a>	
18	<b>Adverse Childhood Experiences</b> 19	<b>Discovering We Are Resilient</b> 20	<b>Adverse Childhood Experiences</b> 21	<b>Implementing TIC Principles</b> 22
	Presented by the Institute 5 – 6:30 p.m. CST <a href="#">Register</a> 	Presented by the Institute 1 – 2 p.m. CST <a href="#">Register</a>	Presented by ESC – Region 20 10 – 11:30 a.m. CST <a href="#">Register</a>	Presented by the Institute 10 – 11 a.m. CST <a href="#">Register</a>
<b>Introduction to TIC</b> 25	<b>Learning Event</b> 26	27	<b>Adverse Childhood Experiences</b> 28	<b>SCAN FOR CALENDAR</b> 29
Presented by the Institute 1 – 2 p.m. CST <a href="#">Register</a>	<b>Birth Trauma: Identification, Validation and Recovery Strategies</b> Presented by Tulia Grove 10 – 11:30 a.m. CST <a href="#">Register</a>		Presented by University Health 10 – 11:30 a.m. CST <a href="#">Register</a>	

**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.

**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.

**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.

**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.

**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 master ACE Trainer.

**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 training.



Visit our learning management system (LMS), Bridge.

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Contact Us

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210-644-8801

# Comorbidities and Treatment Options: What All Clinicians Should Know About Comprehensive Trauma Treatment

Hosted by the Institute for Trauma-Informed Care

## JOIN US!

**DATE:** Tuesday, Aug. 5

**TIME:** 10–11 a.m. CST

**REGISTER HERE:**



**FREE Contact Hour – 1.0**  
(For nurses and social workers only)



**Dr. Ami Chatrath**

## ABOUT THIS SESSION

In this session, participants will review common trauma-focused therapies, medications and non-pharmacological treatments for trauma-related conditions. Attendees will also learn about common psychiatric and medical comorbidities in trauma-related conditions, as well as treatment-related adverse effects.

## ABOUT THE PRESENTER

Dr. Ami Chatrath is a board-certified physician psychiatrist based in San Antonio, Texas. He is a co-founder of wiseMIND and an associate program director for the TIGMER General Adult Psychiatry Residency Program. Dr. Chatrath emphasizes a holistic approach to mental health, combining medication, therapy, exercise and nutrition. He has a special focus on supporting men and the LGBTQIA+ community with their unique challenges. He completed his residency at UT Health Science Center San Antonio and served as chief resident of psychiatry at University Hospital. Dr. Chatrath chose psychiatry to build meaningful patient relationships and help people lead fulfilling lives.



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# Caring Without Crashing: Navigating Compassion Through Emotional Intelligence and Trauma-Informed Care

Hosted by the Institute for Trauma-Informed Care

## JOIN US!

**DATE:** Tuesday, Aug. 12

**TIME:** 10–11 a.m. CST

**REGISTER HERE:**



**FREE Contact Hour – 1.0**  
(For nurses and social workers only)



**Susan Almaraz**

## ABOUT THIS SESSION

In this session, participants will learn to recognize the signs and symptoms of compassion fatigue and its impact on personal and professional well-being. Attendees will also explore how emotional intelligence and empathy can help manage stress, build resilience and strengthen relationships, while implementing trauma-informed care to create safe, supportive and emotionally-aware environments.

## ABOUT THE PRESENTER

Susan Almaraz, MA, MBA (Doctor of Business Administration, *Candidate*), is a passionate educator, speaker and consultant with over 13 years of leadership experience. A breast cancer and depression survivor, Susan draws on her personal resilience and extensive academic background in leadership to champion the power of emotional intelligence in everyday life and organizational success. Through her journey across multiple graduate programs and professional leadership roles, she has developed a deep understanding of how compassion, empathy and trust can transform workplace culture. As the founder of Susan Almaraz Speaking & Consulting and The EQ Classroom, she empowers individuals and organizations to cultivate emotional intelligence, emotional literacy and effective leadership practices. Susan is dedicated to helping everyday leaders become their best for themselves and those they lead.



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# Birth Trauma: Identification, Validation and Recovery Strategies

Hosted by the Institute for Trauma-Informed Care

## JOIN US!

**DATE:** Tuesday, Aug. 26

**TIME:** 10–11:30 a.m. CST

**REGISTER HERE:**



**FREE Contact Hours – 1.5**

(For nurses and social workers only)



**Ginny Dalton**

## ABOUT THIS SESSION

In this session, participants will learn to identify signs of birth-related psychological trauma in postpartum individuals and how to distinguish between physical and emotional symptoms. Attendees will also explore the importance of validating a person's birth experience and will learn about three trauma-informed strategies (clinical, peer-based and self-guided) that support psychological recovery from birth trauma.

## ABOUT THE PRESENTER

Ginny Dalton, LCSW-S, PMH-C, is a licensed clinical social worker and the Clinical Director at Tulia Grove, a trauma-informed, culturally responsive group practice based in San Antonio, Texas. Ginny specializes in working with birthing families and their support systems, with a focus on perinatal mood and anxiety disorders, birth trauma and identity shifts during the reproductive and parenting journey. She holds a perinatal mental health certification and is trained in eye movement desensitization and reprocessing, integrating these approaches into both individual therapy and group-based care within an intensive outpatient program setting. Her clinical work is grounded in relational and somatic practices, cultural humility and help identify a strong commitment to reproductive justice and emotional wellness. As a clinical supervisor and leader, Ginny is passionate about supporting early career clinicians through reflective supervision and mentorship that honors lived experience, cultural identity and the complexities of trauma work.



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