

December 2026 Learning Opportunities

Institute for Trauma-Informed Care

Introduction to Trauma- Informed Care

**TUE
DEC
1**

**Presented by the Institute
10-11 a.m. CST**

Participants 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.

[Register >](#)

The Journey to Grief & Resilience in the Midst of the Holidays

**THU
DEC
3**

Previously recorded

**Presented by Ecumenical Center
10-11 a.m. CST**

Participants will explore best practices for a trauma-informed bereavement support approach. Participants will also learn about the Life After Loss Grief Support Program for grief recovery during the holiday season.

[Register >](#)

Adverse Childhood Experiences

**TUE
DEC
8**

**Presented by the Institute
10-11:30 a.m. CST**

Participants will learn about the Adverse Childhood Experiences (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.

[Register >](#)

Implementing Trauma-Informed Care Principles

**THU
DEC
10**

**Presented by the Institute
10-11 a.m. CST**

Participants will receive an overview on 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 towards a trauma-informed journey.

[Register >](#)

Discovering We Are Resilient

**TUE
DEC
15**

**Presented by the Institute
10-11 a.m. CST**

Participants will learn how a resilient mindset can help us become stronger emotionally by using centering skills and help identify how resilience can be hindered. Participants will also gain an understanding of cultural and protective patterns and how they can help build resilience.

[Register >](#)

Reclaiming Joy: How Trauma Shapes Emotional Experience

**WED
DEC
16**

Previously recorded

**Presented by Alchemy Coaching
10-11 a.m. CST**

Participants will explore how trauma can impact our ability to experience joy and fulfillment. Participants will also learn how "tiny little joys" can support resilience and gain practical strategies for integrating joy into the healing process.

[Register >](#)

Building Community Resilience

**THU
DEC
17**

**Presented by the Institute
10-11 a.m. CST**

Participants 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.

[Register >](#)

Scan QR Code



to access website and
register for training.



Visit Our Website
InstituteTIC.com



Email Us
Iticsa@uhtx.com



Call Us
210-644-8801

The Journey to Grief & Resilience in the Midst of the Holidays

Hosted by the Institute for Trauma-Informed Care

PREVIOUSLY RECORDED *

JOIN US!

DATE: Thursday, Dec. 3

TIME: 10-11 a.m. CST

REGISTER HERE:



Mary Beth Fisk



Lejla Cenanovic

***Continuing education hours are not available**

ABOUT THIS SESSION

In this session, participants will explore best practices in trauma-informed bereavement support and learn about the Life After Loss grief support program. Participants will also learn practical, trauma-informed strategies to promote healthy grief recovery, with a special focus on navigating loss, emotions and healing during the holiday season.

ABOUT THE PRESENTER

Mary Beth Fisk is a seasoned visionary and executive who has more than 30 years of experience in the nonprofit sector. She is the former president and COO of South Texas' largest blood, tissue and cellular therapy center, where she initiated lasting programs that still stand today. Mary Beth is a nonprofit founder, has championed medical legislation in her community and has earned Health Care Hero titles in 2009 and 2012.

Lejla Cenanovic is a dedicated program leader and peer support specialist at The Ecumenical Center, where she has contributed her expertise for more than a decade. Renowned for her compassionate leadership, Lejla not only heads the Life After Loss Grief Support Program but is also involved in coordinating logistics and communications for The Ecumenical Center's special events.



CONTACT US

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Reclaiming Joy: How Trauma Shapes Emotional Experiences

Hosted by the Institute for Trauma-Informed Care

PREVIOUSLY RECORDED *

JOIN US!

DATE: Wednesday, Dec. 16

TIME: 10-11 a.m. CST

REGISTER HERE:



***Continuing education hours are not available**



MaryCatherine McDonald

ABOUT THIS SESSION

In this session, participants will explore how past trauma can inhibit the ability to experience joy and fulfillment. Attendees will also be introduced to the concept of “tiny little joys” as a neuroscience-backed tool for rewiring the brain towards resilience and practical strategies that professionals can use to help clients integrate joy into their healing process.

ABOUT THE PRESENTER

Dr. MaryCatherine McDonald is a researcher, author and trauma specialist dedicated to transforming how we understand and heal from trauma. Her work bridges neuroscience, psychology and lived experience, challenging the idea that trauma leaves people permanently broken and highlighting the resilience of the nervous system and body's capacity to heal. Dr. McDonald is the author of *The Joy Reset: Six Ways Trauma Steals Happiness and How to Win It Back*, which explores how trauma affects the brain and offers science-backed strategies for reclaiming joy. She also created the Empowerment-Based Trauma Education curriculum, helping individuals and professionals understand trauma as a strength response rather than a disorder.



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