





January 2026 - Training Calendar


Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
5	Introduction to TIC 6	7	Learning Event 8	9
	Presented by the Institute 2-3 p.m. CST Register		Reset & Restore: Trauma-Informed Nervous System Regulation Practices Presented by Happy Hope Wellness 11-noon CST Register	
12	Discovering We Are Resilient 13	Adverse Childhood Experiences 14	15	16
	Presented by the Institute 2-3 p.m. CST Register	Presented by the Institute 10-11:30 a.m. CST Register		
19	20	Adverse Childhood Experiences 21	Learning Event 22	23
		Presented by the Institute 5-6:30 p.m. CST Register 	Piecing It Together: Trauma, Identity & Real-World Care Presented by Auravia Holistic Therapy 10-11 a.m. CST Register	
Building Community Resilience 26	27	Implementing TIC Principles 28	Creating a Thriving Community 29	SCAN FOR CALENDAR 30
Presented by the Institute 10-11 a.m. CST Register		Presented by the Institute 10-11 a.m. CST Register	Presented by the Institute 2-3 p.m. CST Register	

Session Key: ■ Introduction to Trauma-Informed Care
Implementing Trauma-Informed Care Principles

■ Building Community Resilience
Creating a Thriving Community
Discovering We Are Resilient

■ Adverse Childhood Experiences

■ Learning Events

 Evening Session

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.

The LMS offers **150+** on-demand training sessions and learning events. Contact the Institute to request access.



Contact Us
InstituteTIC.com
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Reset & Restore: Trauma-Informed Nervous System Regulation Practices

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Thursday, Jan. 8

TIME: 11-noon CST

REGISTER HERE:



FREE 1.0 contact hour
(For nurses and social workers only)



Jenna Annas

ABOUT THIS SESSION

In this session, attendees will learn how the nervous system responds to stress, trauma and dysregulation. Jenna teaches about heart-brain synchronized breathing techniques that can support both emotional and physiological regulation and how sound and vibration influence the nervous system and contribute to overall well-being.

ABOUT THE PRESENTER

Jenna Annas is an Air Force veteran, HeartMath practitioner, grief coach and sound wellness practitioner. She is the founder of Happy Hope Wellness, LLC, where she empowers individuals, workplaces and communities to transform stress and trauma into calm, resilience and emotional balance using evidence-informed, trauma-sensitive and experiential wellness practices. Her work focuses on the intersection of mindset and nervous system regulation, helping participants understand how thoughts, emotions and physiological states interact to influence well-being. With over 15 years of experience, including her work as a speech-language pathologist, she also presents on emotional regulation, stress reduction and tools that support nervous system coherence and overall balance. Her mission is to help participants reconnect with their inner resources, rebuild internal balance and cultivate resilience using accessible, research-supported practices that promote both physiological and emotional regulation.

Piecing It Together: Trauma, Identity & Real-World Care

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Thursday, Jan. 22

TIME: 10-11 a.m. CST

REGISTER HERE:



FREE 1.0 contact hour
(For nurses and social workers only)



Jeanette Lira

ABOUT THIS SESSION

In this session, attendees will learn how adverse childhood experiences (ACEs) and early attachment patterns shape adult behavior, emotional regulation and overall health outcomes. Participants will identify common trauma responses and apply trauma-informed strategies that enhance patient interactions while reducing the risk of re-traumatization. Jeanette will explain how trauma influences identity development and guide participants in utilizing at least one identity-based intervention to support patient or client stabilization.

ABOUT THE PRESENTER

Jeanette Lira is a licensed professional counselor-supervisor, educator and the founder of Auravia Therapy and Lumvia, LLC. She specializes in trauma, identity and healing, blending clinical expertise with lived experience to empower both clients and professionals. Through Auravia, she created a compassionate, identity-centered space for individuals and families, and through Lumvia, she equips clinicians and organizations with trauma-informed systems and practical tools. As host of the podcast *Untamed and Unapologetic*, Jeanette shares her grounded voice and mission to help people rebuild after trauma and foster environments of safety, dignity and resilience.



CONTACT US

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