# Clinical Training

## All courses are 3 hours in length

| Module Title | Brief Description | Deliverables |
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| Adult Attachment | Becoming an Adult Attachment focused Therapist, developing an understanding and treatment of Insecure Attachments. | A brief review of attachment theory<br>• Adult attachment categories<br>• Assessing adult attachment<br>• The neurobiology of adult attachment<br>• Mental health categories from attachment theory perspective<br>• Attachment based model of Individual Adult therapy<br>• Mourning early longings and losses<br>• The reparative process of the therapeutic relationship<br>• Risking change in everyday life |
| Redeveloping Secure Adult Attachments | Workshop on Attachment issues for experienced service practitioners | Participants will learn:<br>• The categories of Adult Attachment based on the research of Mary Main.<br>• How to assess for Adult Attachment based on the Adult Attachment Interview, a research protocol and behavior related to each category<br>• A treatment model based on Adult Attachment developed by Annette Kussin<br>• Awareness of the therapist's Adult Attachment |
| Parent-Adolescent Conflict | Assessing and Defusing Parent-Adolescent Conflict | Participant will learn a conceptual and practice framework in the following areas: assessing and defusing parent-adolescent conflict, identifying the "conflict cycle", establishing new patterns of communication, working with high risk teens and diverse populations, core principles for working with adolescents |
| Cross-Cultural Counselling | Effective Cross-Cultural Counselling | Working with "high context cultures, communication issues in inter-cultural couples, "third culture children" |
| Child Abuse and Neglect | Working effectively with the Child Welfare System | Participants will acquire knowledge of Child Abuse and Neglect definitions, impact of child abuse, neglect and family stressors in working with child welfare system, professional responsibilities and the duty to report, supporting children and families involved with the child welfare system. |
| 2SLGBTQ+ Physical and Mental Health | Physical and Mental Health considerations for the 2SLGBTQ+ Community | Lesbian, gay, bisexual, transgender and questioning (LGBTQ) individuals experience higher rates of health disparities. These disparities may be driven, in part, by biases of medical providers encountered in health care settings. Little is known about how medical, nursing, or dental students are trained to identify and reduce the effects of their own biases toward LGBTQ individuals. Therefore, a systematic review was conducted to determine the effectiveness of programs to reduce health care student or provider bias towards these LGBTQ patients. |
| Creating cultures of Trauma Informed Care | Developing trauma informed practices of care for an organization | Learners will understand how the five core values of safety, trustworthiness, choice, collaboration, and empowerment can influence and change an organization approach to policy and practice in the provision of services through a trauma informed lens |
| Wellness and building staff compassion satisfaction | Building resilience and coping strategies in helping professionals | Participants will learn a conceptual and practice framework for secondary traumatic stress in helpers, compassion fatigue and compassion satisfaction in helpers, low impact debriefing, the link between stress and turnover, practical tools and inventories to assess stress and wellness in helpers |

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| Using evidence to build effective programs for vulnerable clients | Become an Evidence Informed Program | Increasingly organizations are expected to deliver programs that are 'data-driven' and informed by evidence. Participants in this training will come to understand the strategic use of data. Participants will learn the tools to effectively assess local needs and resources, understand the methods of program design that are informed by client need and best evidence, and learn the resources and approaches for continuous quality improvement and manage change. During the training, participants will have opportunity to apply their learning to real circumstances in their organization. |
| Clinical supervision | For supervisors managing client serving staff, supervision practice model to support critical decision making, exploration of emotion/reaction/bias, creation safety and creativity, managing stress and traumatic stress, balancing risk with opportunity | Participants will acquire a conceptual and practice framework to strengthen critical decision making, explore emotion, intuition and bias, assess and accommodate varied learning styles, reduce staff turnover and strengthen employee attachment to the work and organization. The training format allows participants the opportunity to learn, practice and integrate new knowledge and skills in a supportive environment |