



# TRAINING AND PROFESSIONAL DEVELOPMENT OFFERINGS

## OUR MISSION:

Uplift Center for Grieving Children supports youth grieving a death heal and grow through their grief, while strengthening families, communities, and professionals' understanding of how best to respond to their needs.

Uplift believes that supporting a whole child involves equipping the adults in youth's environments with skills and tools to respond effectively to their needs and prevent further challenges.

## TRAININGS:

All trainings can be modified to be relevant for the role of desired attendees, as well as a desired focus (e.g., survivors of homicides, suicides, or overdose-related deaths).

There is an emphasis on interactive activities and experiential learning throughout all trainings, with the goal of obtaining concrete skills and strategies to immediately apply in work with youth.

## PROFESSIONAL DEVELOPMENT FOR SCHOOLS

### The Impact of Trauma on Education (2 hours minimum)

#### Designed for Educators and School Leadership, Part 1 and Part 2 available

- Review impact of trauma & traumatic loss on youth's brains, bodies & social-emotional functioning
- Shift our mindsets to view students through a new lens, specifically in regards to their behavior
- Learn the essential elements for trauma-informed schools and fundamentals for being a trauma-informed adult
- Understand how classroom management & structures can mitigate the impact of trauma on students' learning
- Learn concrete strategies for cultivating safety in school and in the classroom for students exposed to trauma and traumatic loss

### Trauma-Informed Behavior Management (2 hours minimum)

#### Designed for Culture Staff (Student Climate Staff, Lunch/Recess Supervisors, etc.)

- Review the impact of trauma & traumatic loss on youth's brains, bodies, and social-emotional functioning
- Shift our mindsets to view students through a new lens, specifically in regards to their behavior
- Learn the essential elements for trauma-informed schools and fundamentals for being a trauma-informed adult
- Learn concrete strategies for cultivating safety in school for students exposed to trauma and traumatic loss
- Learn and practice skills for safely managing and redirecting challenging behavior

### Principal PD: The Impact of Trauma on Education (2.5 hours minimum)

#### Designed for Principals & Assistant Principals

- Review impact of trauma & traumatic loss on youth's brains, bodies & social-emotional functioning
- Learn the essential elements for trauma-informed schools and fundamentals for being a trauma-informed adult
- Reflect on the 16 Warning Signs of Trauma Exposure Response (van Dernoot Lipsky, 2009) and our ethical responsibility of self-care in order to sustain trauma-informed leadership in schools
- Learn concrete strategies for cultivating safety in school and in the classroom for students exposed to trauma and traumatic loss
- Set goals for ourselves as educators and leaders about how we will employ and utilize these strategies



## **Supporting Grieving Students in the Classroom (2 hours minimum)**

### **Designed for Educators and School Leadership**

- Reflect on our own implicit and explicit assumptions on grief
- Define grief and its potential impact on youth's emotional, physical, behavioral and cognitive functioning
- Learn about how childhood development impacts youth's concept of death & timelines for grieving children
- Gain tools in speaking with children about death, funerals, cremation, their own grief, and potential triggers in the classroom
- Learn about potential warning signs and when to refer for additional support

## **Making a Plan for Support: Recommendations for Handling a School Death (2 hours minimum)**

### **Intended for schools & youth-serving agencies before a death occurs**

#### **Designed for all staff, particularly those involved in school safety, culture & counseling**

- Review best practice recommendations for **making a plan** to support students & staff after the death of a student or staff member
- Define grief & traumatic loss, and its potential impact on children's emotional, physical, behavioral and cognitive functioning
- Gain tools in how to support and speak with students about a death, their grief, and potential triggers at school
- Learn about potential warning signs and when to refer for additional support
- Gain strategies for improving staff self-care and increasing support after a school death

## **Supporting Grieving Students & Ourselves After a School Death (2 hours minimum)**

### **(\*Priority scheduling given\*)**

#### **Intended for schools & youth-serving agencies after a death occurs**

#### **Designed for all staff, particularly educators involved in the day-to-day life of students**

- Reflect on the emotional impact our own grief has on us as professionals and as adults, how that impacts well-being and work performance
- Discuss the ethical responsibility of self-care and gain strategies for building a structure for self-care into our personal and professional lives
- Review grief and its potential impact on youth's emotional, physical, behavioral & cognitive functioning
- Gain tools in speaking with youth about death, funerals, cremation, their own grief, and potential triggers

## **TRAININGS FOR CLINICIANS, SOCIAL WORKERS, AND SCHOOL COUNSELORS**

## **Clinical Implications of Childhood Bereavement (2 hours minimum; can be extended to 3-4 hours)**

### **Designed for clinicians, social workers, therapists, and school counselors**

- Reflect on our own implicit and explicit assumptions on grief
- Define grief and its potential impact on youth's emotional, physical, behavioral and cognitive functioning
- Learn about how childhood development impacts youth's concept of death & timelines for grieving children
- Gain tools in speaking with youth about death, funerals, cremation, their own grief, and potential triggers
- Learn how to incorporate the 6 Reconciliation Needs of Mourning Children into practice with youth (Wolfelt, 1996)
- Review Childhood Traumatic Grief (CTG) signs and reactions
- Learn sample activities to support children and teens who are grieving (available in extended option)



### **Grief & Loss: Moving Forward After the Death of a Child on Your Caseload (2 hours minimum)**

#### **Designed for clinicians, social workers, therapists, case managers, home visitors**

- Reflect on our own implicit and explicit assumptions on grief
- Review grief & the 6 Reconciliation Needs of Mourning Children & Touchstones for Adults (Wolfelt, 1996)
- Reflect on the emotional impact our own grief has on us as professionals and as adults, how that impacts well-being and work performance
- Review Vicarious Trauma and the 16 Warning Signs of Trauma Exposure Response (van Dernoot Lipsky, 2009)
- Discuss the ethical responsibility of self-care and gain tools for building a structure for self-care into our personal and professional lives

### **Facilitating Trauma-Informed School-Based Groups with Youth (3 hours minimum; can be extended to 4-6 hours)**

#### **Designed for professionals within, or partnering with schools, facilitating groups with youth on any topic**

- Reflect on our implicit and explicit assumptions about what it means to be a young person
- Review essential tenets of partnership with schools (including District, Charter, and Catholic schools)
- Discuss how to develop group activities and structure grounded in theory and science that accommodate youth's needs
- Learn concrete strategies for cultivating safety and encouraging desired behavior in groups for students who have experienced trauma
- Set goals for ourselves as facilitators about how we will employ and utilize these strategies
- Discuss and plan for content of group vs. structure of group (available in extended option)
- Practice facilitating opening and closing rituals with group (available in extended option)
- Practice strategies for attuning with youth & reflect on barriers to doing this effectively (available in extended option)

## **WORKSHOPS FOR PARENTS AND CAREGIVERS**

### **Tools for Caregivers: Supporting Grieving Children Workshop (2 hours minimum)**

#### **Designed for caregivers/guardians and adult family members of youth; Can be done specifically for grandparents, mothers, fathers, and resource/foster parents upon request**

- Define grief and its potential impact on children's emotional, physical, behavioral and cognitive functioning
- Understand about how childhood development impacts a child's idea of death and loss
- Learn what children and teens tell us about their emotions through their behaviors
- Learn concrete strategies for cultivating safety for youth exposed to trauma and traumatic loss
- Learn and practice skills for safely managing and redirecting challenging behavior

### **Tools for Caregivers: Grief and the Holidays Workshop (2 hours minimum)**

#### **Designed for caregivers/guardians and adult family members of grieving/traumatized youth**

- Define grief and its potential impact on children's emotional, physical, behavioral and cognitive functioning
- Learn what children and teens tell us about their emotions through their behaviors
- Review how to equip caregivers with tools to make a unique plan for each family to make the holiday season feel more manageable
- Learn the four steps to prepare for holidays, anniversaries or other significant days



## COMMUNITY & GENERAL TRAININGS

### Understanding Childhood Bereavement (2 hours minimum)

#### Designed for community organizations working with youth in or outside of school

- Reflect on our own implicit and explicit assumptions on grief
- Define grief and its potential impact on children's emotional, physical, behavioral and cognitive functioning
- Learn about how childhood development impacts youth's concept of death & timelines for grieving children
- Gain tools in speaking with children about death, funerals, cremation, their own grief, and potential triggers
- Learn about potential warning signs and when to refer young people for additional support

#### LOGISTICS:

Each training and workshop requires access to a projector and internet connection, with the exception of Caregiver Workshops, which can be facilitated with or without AV equipment. Uplift can provide a computer if needed.

#### CONTACT INFORMATION:

To hold a training or for more information, please contact:  
**Katherine Streit**, MSW, LSW, M.S.Ed,  
Training Coordinator at Uplift Center  
for Grieving Children  
**Phone:** 267-437-3123 x 1001  
**Email:** [katherine@upliftphilly.org](mailto:katherine@upliftphilly.org)

#### FEES FOR TRAININGS:

**2-Hour Training: \$350**

**2.5-Hour Training: \$440**

**3-Hour Training: \$525**

**6-Hour Training (full day): \$1050**

If outside of Philadelphia, there is an additional fee for mileage and travel expenses.

With our fees, please know that we can work within existing budget parameters your school or organization may have. Contact **Katherine** to learn more – we do not want the fee to be a barrier to holding a training!

Please note that Professional Development trainings are typically scheduled 1-2 months in advance, and can be tailored to suit your needs.

[www.upliftphilly.org](http://www.upliftphilly.org)