



ASSOCIATION FOR COMMUNITY LIVING
The Arc Serving Boulder & Broomfield Counties

ACL Training Program

Course Syllabus

Course Title

Trauma-Informed Supports: Building Safe Spaces & Interventions for People with IDD

Instructor Information

Instructor

Caitlin Looney, MACP

Contact

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Course Learning

Description

In order to provide effective and meaningful person-centered care, planning, and behavioral interventions for people with Intellectual Developmental Disabilities (IDD), we must first consider the astonishingly high prevalence of trauma in the lives of people with IDD. Traumatic experiences, attachment trauma, and identity development can impact mental health, substance use, physical health, behavioral health, and overall wellness. This course examines the effects of trauma, basics of behavior, and discusses effective *and ineffective* behavioral interventions. Further, we explore trauma-informed strategies that promote safety and security. Participants learn how to prepare for, recognize, and be responsive to the effects and impact of trauma in the lives of people with IDD and begin the shift from asking for compliance to supporting well-being and happiness.

Learning Intentions

Session	Topic
[1.1] Intro + Trauma	Course logistics + vicarious trauma and self-care
[1.2] Trauma	Brief background on trauma and stress responses
[2.1] Occurrence	Event trauma occurrence in people with IDD
[2.2] Occurrence	Accumulated trauma occurrence in people with IDD
[3.1] Recognizing	Basics of behavioral responses & when they overlap with >
[3.2] Recognizing	Signs of traumatic responses
[4.1] Strategies	Strategies for organizations
[4.2] Strategies	Strategies for individuals

Recommended Prerequisites (preparatory)

- [Our Words, Our Attitudes](#)
- [Connecting with Neighbors with Disabilities](#)
- [Frazzled & Weary: Strategies for Resilience](#)

Recommended Post-requisite (supplementary)

- [83%: The Intersection of Disability and Sexual Violence](#)
- Law Enforcement and the Disability Community (Coming soon)

Course Format

Venue

All of our trainings are now provided remotely using **Zoom**. A link will be emailed from the instructor for all participants to use and share as needed. No account is needed to join Zoom as a participant. You may join from your computer using your browser or you can join from your device (this requires a Zoom app download).

Time

This course handles some complex and rich topics that require laying a foundation of background information as well as discussion to help process and integrate the practical application of the concepts and skills learned. There are two options to choose from:

1. 90 minute abbreviated survey of all topics.
While some groups may find this option necessary due to staff time constraints, it is not ideal. This abbreviated version does not allow for time for all topics to be discussed and does not include the Strategies section. However, a Strategies handout will be available.
2. ***Recommended* Four 45-60 minute consecutive sessions**
These four sessions can be provided on a schedule that works for your group (ie, once per week, once per month, once per quarter).

Materials

All course materials will be provided electronically using a **Google Drive** link. The link to access the presentation and related course materials will be emailed along with the Zoom link prior to the course. Additionally, the link to materials will be posted in the chat once the course has begun. A Google account is not needed to access these materials.

Additional Information and Resources

Suggested Reading

- ["Behaviour Self!"](#) by Dave Hingsburger
- [Trauma-Informed Behavioral Interventions](#) by Karyn Harvey

ACL's Training Program

ACL's training program is the evolution of our advocacy and community capacity building efforts. We have seen that our community is hungry for change and ready to take action. Training is one of our paths to change. Our trainings create a safe space for people to look inward, offer a viewpoint that plants compassion in their hearts, and energizes them to run out the door excited to reach for change in a community that welcomes our neighbors with disabilities.

The ACL provides low- and no-cost training courses for:

- **Self Advocates**
- **Organizations**
- **Community**

Learn more and access our full Training Catalog at www.aclboulder.org/our-training