

# Course Catalog

## Trauma Informed Care and Resilience

- RISE: Wellness Cultivating Resilience (customized for setting or population)
- Resilient Parenting
- Resilient Leadership
- Supporting Growth by Fostering Conditions of Well-Being
- Comprehensive Assessment: Trauma Informed and Resilience Based Assessments
- Trauma Informed Schools
- Understanding the Window of Tolerance
- Creating a Healthy and Restorative Culture
- Compassion Resilience
- Enhancing Family/Provider Relationships Through Trauma Informed Care Practices

## Working with Youth

- The YOU Intervention: Enhancing Care through Self Awareness
- Fostering Crucial C's for Youth Success: Count, Connect, Courage, Capable
- Building Authentic Relationships with Youth
- Understanding Personality Priorities for Enhancing Relationships
- Goals of Misbehavior & How to Respond
- The Art of Cooperation: Understanding Power Struggles and How to Disengage
- Mind and Body Skills for Youth
- Understanding the Window of Tolerance
- Tools for Youth Conceptualization and Treatment Planning
- Brain Based Care (general overview of developmental stages)
- Brain Based Care (phase specific-early childhood, school age, high school)
- Youth Mental Health Diagnosis- General Overview
- Youth Mental Health Diagnosis -Diagnosis Specific
- Restorative Practices
- Peacemaking Circles
- Understanding Youth Mental Health

## School Environment

- Classrooms that Regulate
- Engaging Students Through Play
- Trauma Informed Schools
- Integrating Resilience & Trauma Informed Care Approaches with Literacy

## Responding to Crisis, De-escalation & Intervention

- Showing up During Critical Times: How to Support Youth with Suicidal Ideation
- Responding to People in Emotional Crisis/Escalation
- Trauma Informed Crisis Response, De-Escalation, & Intervention
- Understanding the Window of Tolerance

## Autism, Developmental Needs, Neurodiversity

- Introduction to Serving Youth with Autism Spectrum Disorder
- Behavior Management and Autism Spectrum Disorder
- Understanding & Responding to Challenging Behaviors of ASD
- Consumer Rights for Providers
- Neurodiversity of ADHD and How to Support Success

## Working with Families and Caregivers

- Connection Based Parenting
- Overcoming Barriers to Collaborative Caregiver Relationships
- Enhancing Family/Provider Relationships Through Trauma Informed Care
- Basics & Beyond: Connecting Engagement & Intervention in Families Affected by Substance Use Disorder
- Enhancing Family/Provider Relationships Through Trauma Informed Care Practices

## Professional, Leadership, & Systems Topics

- Self-Care Practices for Every Day
- Compassion Resilience
- Workplace Wellbeing: Supporting Staff During Difficult Times
- Creating a Healthy and Restorative Culture
- Value based leadership
- Resilient Leadership
- Trauma Informed and Resilience Oriented Supervision
- Accountability and Emotional Courage for Leaders
- Coaching that Transforms
- Fostering Supervisee Independence
- Mindfulness for Leaders
- Emotional Intelligence & Personal Resilience
- Future Thinking: Strategic Planning for Personal, Professional Development

## Community Members, Caregivers, & Families

- Youth Mental Health First Aid (In-Person, Blended, Virtual)
- Resilient Parenting
- Connection Based Parenting
- Resilient You: Rising above Trauma & ACES by Cultivating Resilience in Daily Life
- Mental Wellbeing and The Body

## Diversity, Equity, Accessibility, Inclusion

- LGBTQIA+ (Various topics)
- Fostering Community Engagement through Inclusion, Connection & Belonging

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For additional information or to further discuss how Meraki Institute of Learning can support your training goals, contact us at [merakiinstitute@tanagerplace.org](mailto:merakiinstitute@tanagerplace.org) or 319-365-9164x522.



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