



3 Day Immersive Trainings

Brainspotting Phase 1

An immersive introduction to the Brainspotting model focused on the neurobiology of trauma and the body's stress response. Participants learn how attunement, eye position, and the client's innate healing capacity work together to support deep processing and lasting change.

Brainspotting Phase 2

(Prerequisite: Brainspotting Phase 1)

This advanced training builds on Phase 1, expanding the practitioner's ability to work with complex and difficult-to-release trauma patterns. Additional resourcing strategies and refined techniques are introduced to create movement with persistent neurobiological responses.

Digging Roots: Developmental Trauma Model of Brainspotting

(Prerequisite: Brainspotting Phase 1)

This training and pre-course deeply explore research on developmental trauma and its neurobiological impact. Participants learn eight targeted tools to access key early childhood timeframes and then to apply Brainspotting strategically to release trauma-based symptoms.

Cut from the Herd

This training examines addiction through the lens of early childhood injury and attachment disruption. Grounded in trauma and childhood attachment research, it includes experiential exercises focused on motivation for change, self-regulation, urge management, relapse prevention, and restoring connection.



8 Hour Trainings

Digging Roots Foundations

A deep dive into Developmental Trauma, distinguishing it from PTSD and CPTSD. This training explores current research and the six forms of dysregulation that result from ACEs and long-term nervous system disruption.

Cut from the Herd: Addictions Through a Trauma and Attachment Lens

An examination of addiction through early attachment and developmental trauma. Includes seven trauma-informed interventions to increase intrinsic motivation for change.

Shame: The Land Between Living and Dying

An exploration of the impact of toxic shame, including its neurobiological markers, lived manifestations, and practical interventions for healing and reconnection.

Equilibrium Trauma Treatment Model

An overview of the Six E's—Equalize, Embody, Explore, Excavate, Empower, Elevate—offering a structured framework for deep trauma healing and lasting change.

Trauma Response Tools

An overview of trauma response patterns with practical tools for regulation and effective intervention during stress and reactivity.

Healing the Neurobiology of Relinquishment

Clinical skills for working with abandonment and rejection trauma in adoptees and foster care survivors, focused on healing the four core survival mechanisms.

HeartMath® Interventions

Steve is a therapeutic development staff for the Institute of Heartmath training Evidence-based HeartMath tools to strengthen self-regulation, coherence, and resilience in high-stress environments.



2 Hour Trainings

Trauma 101

A user-friendly overview of the trauma response system, examining Fight, Flight, Freeze, Collapse, and Appease. Focuses on how professionals can effectively engage clients within each response state.

Mental Health 101

An overview of common mental health challenges seen in students, exploring diagnoses through both neuroscience and behavioral lenses, including Developmental Trauma, ADHD, Anxiety Disorders, OCD, Substance Use, and Spectrum Disorders.

I'm Numb: A Deep Dive into Self-Harm Intervention

An in-depth examination of self-harm and suicidality, clarifying key differences and misconceptions. Self-harm is explored through four distinct categories, with practical intervention strategies.

Self-Regulation Mastery

An overview of nervous system function with practical skills for building self-regulation through the six core building blocks of regulation.

Evenings with the Masters: Lessons from the Trauma Gurus

A story-driven training drawing lessons from time spent with Gabor Maté, Stephen Porges, Bessel van der Kolk, and David Grand, exploring embodiment, stress science, attuned presence, and trauma adaptation.

Examining Acute Behaviors in Mental Health

A focused exploration of work with highly dysregulated clients, examining acute behaviors such as self-harm, suicidal ideation, food refusal, and AWOL behavior.



Attunement 101

Relationship Skills for Mental Health Workers

A relational skills training for line staff and case managers, emphasizing presence, attunement, and heart-centered interventions when working with highly stressed populations.

Trauma-Informed Challenge and Confrontation

Examines how professionals maintain clear boundaries and firm limits while preserving relational safety and effectively supporting client change.

Keeping Treatment Momentum

Breaks down the stages of treatment progression and provides tools to keep long-term care clients moving forward in meaningful ways.

Trauma Avoidance: 8 Common Misunderstandings in Trauma Treatment

Explores common clinical mistakes that reinforce trauma avoidance through a resilience-based lens, including dissociation, therapist collusion, and challenges with embodiment.

Navigating Challenging Parents

Practical skills for working with difficult parents in long-term care, including structured communication, boundary setting, and collaborative interventions.

Understanding Sexual Behaviors in Mental Health

Examines sexual behaviors commonly seen in trauma-impacted populations, focusing on boundary erosion, grooming behaviors, the “F-Brain,” healthy limits, and culture building.

Examining Closeness Interventions

Explores relationship and closeness as primary therapeutic interventions, from foundational use to structured closeness intensives.



Executive Function Struggles in Mental Health

An overview of the seven executive function domains, examining common challenges and practical strategies for supporting clients in daily life.

Inhaling Smoke: Compassion Fatigue and Self-Care

Explores the science of cumulative stress, differentiates compassion fatigue and burnout, and supports clinicians in developing a sustainable long-term self-care plan.

The Orchestra: Effective Group Therapy Facilitation

An overview of group therapy philosophy, skill development, and structure, including the Five C's of effective group facilitation.

Going for the Roots: Accessing True Emotional Activation

For experienced staff and clinicians, this training focuses on moving beyond surface emotions to access core wounds such as hurt, aloneness, and survival-based responses.



Indigenous Focuses Services 8 Hour Trainings

Endless Venom: Understanding Lateral Violence in Native Communities

An exploration of lateral violence as a lasting impact of colonization within Native communities. This training integrates history, neuroscience, and social dynamics to examine how internalized oppression shapes community relationships and pathways toward healing.

Breaking the Trauma Web: Historical and Developmental Trauma

This training examines historical trauma through a neurobiological lens and its paralyzing effects within Native communities. It explores how historical trauma manifests as developmental trauma in present-day families, including epigenetic influences, while highlighting community resilience.

What's Your Language? Trauma-Responsive Tools

A practical training focused on trauma-responsive communication and regulation tools for individuals, families, and communities impacted by long-term historical trauma.

White Bison: Mending Broken Hearts

Native Grief Recovery Program

A three-day, culturally honoring intensive addressing historical trauma and long-term grief at both community and individual levels. Steve is a certified White Bison, Inc. trainer and is available to facilitate this program upon request.

Reaching Native Hearts: Cultural Competency in Practice

An introductory training offering essential cultural considerations, historical context, and practical do's and don'ts for professionals working with Native families in long-term care settings.