

2024 Course Catalog





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Empowering Communities Through Education, Compassion, and Collaboration.

CS Learning's mission is to foster positive change and transformational growth within our colleagues and community by providing trauma-informed education, promoting empathy, and nurturing resilience. We are dedicated to equipping individuals and organizations with the skills and resources necessary to enhance our community's overall health and well-being. Our learning pathways go beyond conventional learning; they are deeply rooted in our mission, fostering inclusion, resilience, and excellence.

Join us at CS Learning, where education transforms lives, communities thrive, and individuals emerge stronger, more skilled, and empowered to make a difference.

Community Impact

CS Learning profits are channeled into our community crisis response fund, helping to ensure that not only are we nurturing minds and empowering lives through education, but we are also safeguarding our community, offering vital support when it's needed the most.

Tailored Experience

We are committed to creating a personalized learning experience for individuals, teams, and organizations. With our tailored training packages, learning partners have the opportunity to co-create experiences unique to their individual needs.



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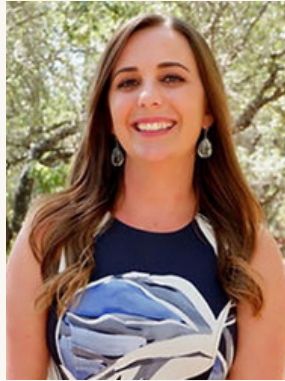


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CS Learning Pathways

We've developed pathways for learners to target their individual needs. Whether you are a mental health professional, educator, or community partner, we have courses to support your growth.

Next to each course offering, one of these symbols will indicate the target audience, however all trainings are open for learning partners to explore.

To learn more about a specific pathway or course offering, schedule a discovery call today!



Course Offerings

<p>The Basics of Stress and our Brains</p> 	<p>Research has shown that our brain chemistry and stress response is influenced from the time we are born. In fact, we even inherit some of our stress responses that are passed down through generations. This workshop teaches how stress shows up and can impact our mental and physical health as well as identifying our stress responses and finding healthy ways to retrain our brains.</p>
<p>Boundaries & Ethics for Case Managers & Peer Partners</p> 	<p>Working in the behavioral health field can be challenging, especially when it comes to navigating relationships and boundaries with clients. This course is aimed at helping case managers and peer partners better understand the legal and ethical elements of confidentiality, self-disclosure and managing professional relationships.</p>
<p>CBT: A Clinical Perspective</p> 	<p>Cognitive Behavioral Therapy (CBT) is an approach focused on recognizing the differences between thoughts, feelings, and actions, and teaches that we all have the ability to shift our thinking patterns. CBT is considered best practice for Depression and Anxiety. This interactive training will include videos, role plays, and direct instruction. Please bring your laptop and agency phone with you to allow for direct practice of documentation practices and use of free resources.</p>
<p>Compassion to Support Passion</p> 	<p>Compassion for ourselves and others is at the heart of connecting to our our own personal mission. When we make this connection, our ability to be productive and on our purpose improves. This workshop will talk about the science behind this connection and action steps we can take to build our capacity for compassion.</p>
<p>Dialectal Behavioral Therapy Skills</p> 	<p>DBT is an approach that combines strategies like mindfulness, acceptance, and emotional regulation to teach people how to live in the moment, cope with stress in healthy ways, identify emotions, manage distressing emotions, and improve relationships with others. Training will include lecture, demonstrations, role plays, and coping skill activities to illustrate the principles and strategies of DBT.</p>

Course Offerings

DSM-5-TR: What You Need to Know



The DSM can often seem confusing and complicated at the best of times. This is further compounded when there is a new edition. Don't waste countless hours trying to parse the changes, we've already done it for you and put it into a clear, concise training. In this training Matt Rensi will walk you through major updates to the DSM, changes in diagnoses and new items in the DSM so you can be confident when diagnosing clients.

Empathic De-escalation



Empathy, as a skillset, is the antidote to disconnection. Research is clear that when care providers respond with empathic skill, our interactions improve and along with that, positive health outcomes follow. With Trauma Informed Care and Motivational Interviewing as foundational frameworks, we will explore various reasons people become escalated, how to prevent that from happening, and how to respond when encounters reach the point of tension or conflict.

Understanding Gang Culture



Gangs have a significant impact on our community, and especially our youth. This course focuses on understanding various elements related to gang involvement and what providers can do about it. We explore risk factors that lead to gang involvement, how gangs operate and recruit, what causes gangs to be so alluring to youth, how to support a gang member, and what gangs are active in the local area.

Intersections of Gender Based Violence








The purpose of this training is to provide an overview of gender-based violence, specifically intimate partner abuse, sexual assault, and human trafficking, and how those forms of violence commonly intersect. Participants will learn about the dynamics of each form of violence as well as how service providers can collaborate to connect survivors to advocates and other resources.

Course Offerings

<p>Introduction to Leading Groups</p> 	<p>This course is a basic introduction to leading mental health groups. It will focus on the group type and format, initial sessions, ethical and legal considerations, and how to navigate challenging interactions in a group.</p>
<p>Introduction to Trauma-Informed Care</p> 	<p>This course provides an overview of Kaiser's ACE study as part of an introduction in understanding the impact that early childhood toxic stress has on lifelong health outcomes. Participants will be taught through lecture and group activities best practices in responding to trauma and the Stages of Trauma Recovery. Opportunity for connecting the concepts to participants own experiences will be guided and interventions for client self-care will be identified and practiced.</p>
<p>Keys to Understanding FASD</p> 	<p>This course provides key information about Fetal Alcohol Spectrum Disorders (FASD) and its commonly associated complications, along with tools for prevention and intervention. You will learn ways that you can raise awareness for these disorders, which can ultimately result in proper treatment and prevention of FASDs along with some valuable resources.</p>
<p>Managing Anxiety and Self-Care During Times of Change</p> 	<p>Anxiety impacts both youth and their caregivers; it has become commonplace in our post-COVID society and can have deleterious effects on our lives. This course will explore what anxiety is, how to identify it, and ways to support yourself and your children.</p>
<p>Mental Health First Aid</p> 	<p>Mental Health First Aid is an interactive 8-hour public education program designed to equip participants with the skills to identify, understand, and respond to signs of mental illnesses and substance use disorders. The program provides an overview of mental illness and substance use disorders in the U.S., explores risk factors and warning signs, enhances understanding of the impact of mental illnesses, and covers common treatments.</p> <p>Mental Health First Aid is offered in Youth and Adult versions.</p>

Course Offerings

<p>Motivational Interviewing</p> 	<p>In this course, participants will learn about the Motivational Interviewing approach to helping people change and see the crucial importance of matching interventions to individuals' stages of change in order to improve the likelihood of success. In addition to examining the principles of MI, learners will learn and practice specific skills and techniques that will support the primary goals of MI, which include establishing rapport, eliciting change talk, and establishing commitment language.</p>
<p>Parenting Techniques to Building Resilience</p> 	<p>Parenting is a challenging job and figuring out how to support and guide our children who are under stress can seem impossible. This course will explore how stress impacts our brains, what we can do to prevent its negative impacts and parenting tools to build empathy and resilience in our children and families.</p>
<p>Recognizing & Responding to Suicide</p> 	<p>In this course participants will learn about national suicide trends and three of the major factors leading to suicide. It includes interactive discussion about how to talk about suicide and best ways to respond to someone who is experiencing suicidal thoughts. Local and national resources will be shared.</p>
<p>Recognizing & Responding to Suicide for Military Veterans & Law Enforcement</p> 	<p>In this course the facilitators cover current statistics about suicide nationally. The session then covers three of the major factors leading to suicide as well as research that supports those factors. Finally, the session talks about how to respond should participants themselves or one of their loved ones being experiencing suicidal thoughts – this includes how to talk about suicide as well as national and local resources</p>
<p>Recognizing and Supporting Social Emotional Learning</p> 	<p>Research demonstrates that learning how to recognize and regulate emotions, and to interact socially is an important factor in overall life success. This course discusses how to recognize emotions, what to do with those emotions and how to interact with others in various emotional states.</p>

Course Offerings

Recognizing & Responding to Suicidal and Homicidal Ideation



This course covers an introduction to assessing for and engaging with clients that are experiencing suicidal and/or homicidal ideation. It focuses on Joiner's interpersonal theory of suicide and gives practical and actionable items for mental health professionals.

Creating a Trauma-Informed School Environment



This training delves into the principles and practices of trauma-informed care, offering participants a transformative journey towards building resilience and promoting positive outcomes for both students and the entire school community. Participants will gain invaluable insights and practical tools to create a nurturing environment that recognizes the impact of trauma on students' academic, emotional, and social well-being.

Safety in the Field



In this course, participants will learn about the importance of safety when working in community-based behavioral health settings. It will teach learners how to use safety precautions while working in the field delivering services and conducting meetings in client's homes.

Substance Use Disorders 101



SUD's 101 introduces substance use disorders and dual diagnosis disorders. This training reviews how mental health interplays with substance abuse and recovery and the differences between use, misuse/abuse, and dependence. The second half of the training focuses on engaging with individuals and families surrounding substance use/abuse and practicing how to incorporate knowledge surrounding SUD's into daily interactions with clients.

Seeking Safety



Seeking Safety is an evidence-based treatment for clients over age 18 who have experienced trauma and/or substance abuse that teaches present-focused coping skills to help clients create a sense of safety in their daily lives. Participants will engage in small group discussions and role plays to develop understanding of the 25 Seeking Safety treatment top. In this training we cover background on trauma and substance abuse, as well as language to use in documentation and treatment planning.

Course Offerings

The Superpowers of Sleep, Stress, and Self-Care



This course covers research around the effects of stress and sleep on the body, how that impacts the way we function and live in general. The course then shifts and focuses on research around self-care and improving how we can better manage our stress and sleep in order to be more joyful, effective and fulfilled in our work and personal lives.

Time and Energy Management



Often, remaining focused and completing tasks on time can be challenging due to disruptions like phone calls, meetings, text and other people crises. Many of us could feel a lot more productive if we increased our self-management skills when it comes to where we focus our time and energy. In this course, you'll develop a basic understanding of time management skills by learning techniques to help recognize the most common distractions and how to best react in these "moments of choice".

Understanding Anxiety and Its Impacts on Children



Anxiety impacts both youth and their caregivers; it has become commonplace in our post-COVID society and can have deleterious effects on our lives. This course will explore what anxiety is, how to identify it, and ways to support yourself and your children.

Utilizing the Therapeutic Alliance



This course focuses on a key element of the therapeutic process: the therapeutic alliance. The course will focus on the research supporting the effectiveness of the therapeutic alliance, strategies to build a strong therapeutic alliance, and how to identify alliance ruptures and then make repairs in the therapeutic alliance.



Trauma-Informed Transformation Organizational Training & Strategy Package

This 6-month package is for leaders seeking consultation and coaching to support their organization in enhancing a culture of trauma sensitivity. They desire an organizational culture that extends beyond supporting clients on their journey toward wellness and recovery by looking inward to support their staff in experiencing support and development opportunities that build their resilience and promote self-care.

This scope of work will be driven in partnership with an internal Trauma-Informed Transformation Committee comprising staff from different levels of the organization who will become Trauma Champions within the organization.

Key Deliverables Can Include:

- Executive Statement committing to a Trauma-Sensitive work environment
- Implementation plan for a Trauma-Informed Transformation Committee
- Workplace culture assessment utilizing the VT-ORG
- Strategic Planning sessions
- Trauma-Informed Transformation Strategic Plan
- Staff Development Workshops:
 - Intro to Trauma-Informed Care
 - Trauma-Informed Leadership
 - Vicarious Trauma & Self-Care
 - Trauma-Informed Peer Support: Building Resilience in Ourselves & Others

Learning Partners



CS Learning is partnered with organizations across the country to provide high-quality, transformative trainings for teams in various fields, including social work, education, behavioral health, and corporate arenas.



Learning Partner Testimonies



““[I enjoyed] the handouts, power point presentation, facilitator's delivery of the information, facilitator's cultural competence and how well he incorporated cultural considerations into the training, and all the resources that were provided.”

- RU Health, Cognitive Behavioral Therapy, April 2023

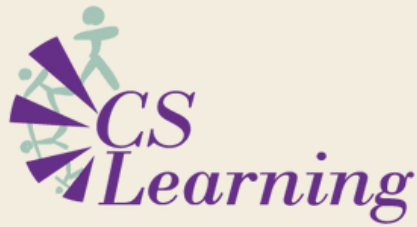
“The speaker made everyone feel safe and encouraged communication. She shared her own experiences and asked others to share theirs.”

- DFCS, Recognizing Our Implicit Bias, October 2023

“I really appreciated that there were many opportunities during the training for us to participate, either in front of the group or in pairs, which I think really helped to engage with the subject material as well as give an idea of what it would look like in practice.”

**- CS Staff,
Mental Health Assessment, December 2023**





Get In Touch



*To learn more about our course offerings,
schedule a discovery call today!*



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Human Service
Professionals