



Sharpen Overcoming Adversity (“OA”) —Trauma and the Developing Brain a 3.5-hour evidence-based course

This course is a recommended companion for Sharpen Mental Health Literacy (SMHL), Sharpen Suicide Prevention and Postvention, and 5 Minute Mindfulness (5MM).

This course will enable participants to identify and understand:

1. Understand the definition and clinical presentation of Adverse Childhood Experiences (ACEs) through expert documentary film interviews.
2. Recognize the common comorbidities associated with trauma.
3. Understand the connection between long-term activation of the stress-response system and the developing mind.
4. Apply theoretical knowledge of attachment theory to practical clinical scenarios through an in-depth case presentation.

Through expert testimony and personal stories of resilience, participants will learn the impact of long-term activation of the stress-response system, how trauma impacts the developing mind, attachment theory, prevalence of childhood trauma, and research outlining strategies for breaking the cycles of abuse. Participants will also receive a high-level understanding of the strategies for reducing toxic stress and for effectively mitigating the risk created by trauma.

Evidence-Base.

The Sharpen OA course has been deployed since 2017 in multiple settings including as a technology resiliency toolkit for over 500 veterans, as a professional development training program for more than 5,000 foster parents, as part of required healthworker training and as the trauma component of Sharpen’s mental health literacy training program for college students, athletes and coaches.



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