



**SHARPEN**<sup>®</sup>  
POWERING HEALTHY MINDS

Professional Development & Continuing Education

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## 6 Evidence-Based Courses for Professionals

27.5 hours of professional development and continuing education in trauma-informed care, mindfulness, eating disorders, suicide prevention, mental health literacy, and dissociative identity disorder.

<b>6</b> Courses	<b>27.5</b> PD Hours Available	<b>47,500+</b> Platform Users	<b>30+</b> Research Studies
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Trauma-Informed Care | Mindfulness | Eating Disorders  
Suicide Prevention | Mental Health Literacy | Dissociative Identity Disorder



Resiliency Technologies, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7243. Programs that do not qualify for NBCC credit are clearly identified. Resiliency Technologies, Inc. is solely responsible for all aspects of the programs.

## About This Guide

### Evidence-Based Professional Development

Resiliency Technologies, Inc. has been developing award-winning courses for counselors, educators, and licensed professionals for over 20 years. Built on the same evidence base that powers the Sharpen® system, our courses are developed alongside national researchers and feature documentary film testimony from clinicians, researchers and individuals in recovery. Each course includes a downloadable training certificate indicating hours completed.

The Sharpen® platform has reached 47,500+ users across 80+ organizational deployments and 60+ toolkit implementations, with 96% of users recommending the platform and courses for others.

<b>80+</b> Org. Deployments	<b>47,500+</b> Platform Users	<b>27.5 Hrs</b> PD Hours Available	<b>96%</b> Recommend Sharpen®
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<p><b>RESEARCH PARTNERS</b></p> <ul style="list-style-type: none"> <li>Edward Via College of Osteopathic Medicine (VCOM)</li> <li>Emory University</li> <li>James Madison University</li> <li>Medical University of South Carolina</li> <li>Prisma Health Children’s</li> <li>San Diego State University</li> <li>Stanford University School of Medicine</li> <li>University of California at Berkeley</li> <li>University of South Carolina</li> <li>University of West Georgia</li> <li>VNS Health</li> </ul>	<p><b>ACCREDITATIONS &amp; CERTIFICATIONS</b></p> <ul style="list-style-type: none"> <li>NBCC Approved CE Provider</li> <li>CME/CNE/CEU via Galen Mental Health (APA &amp; ACCME)</li> <li>Yoga Alliance YACEP Approved</li> <li>Woman-Owned Small Business (WOSB) Certified</li> <li>NYC Women Business Enterprise (WBE)</li> <li>SCRA Client Company</li> </ul>
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## Six Courses - Overview

<b>1</b>	<b>Trauma-Informed Care</b>	Overcoming Adversity: Trauma and the Developing Brain	<b>3.5 Hours</b>	<b>NBCC Credit Available (ACEP No. 7243)</b>
<b>2</b>	<b>Mindfulness</b>	Five-Minute Mindfulness (5MM)	<b>4 Hours</b>	<b>NBCC Credit Available (ACEP No. 7243)</b>   Yoga Alliance YACEP Approved
<b>3</b>	<b>Eating Disorders</b>	Sharpen Eating Disorder Awareness and Prevention (SEDAP)	<b>6 Hours</b>	Not available for NBCC credit
<b>4</b>	<b>Suicide Prevention &amp; Postvention</b>	Sharpen Suicide Prevention & Postvention	<b>4 Hours</b>	Not available for NBCC credit
<b>5</b>	<b>Mental Health Literacy</b>	Sharpen Mental Health Literacy (SMHL)	<b>5 Hours</b>	Not available for NBCC credit
<b>6</b>	<b>Dissociative Identity Disorder</b>	The Integration of Sylvia the Wood Nymph: A Five-Part Training on Dissociative Identity Disorder	<b>5 Hours</b>	5 CME/CNE/CEU via Galen Mental Health   Not available for NBCC credit

**COURSE 1 | TRAUMA-INFORMED CARE**


**Overcoming Adversity: Trauma and the Developing Brain**

3.5 Hours | NBCC Credit Available (ACEP No. 7243)

**Instructor(s): Featuring 45+ National Expert Interviews**

Through expert testimony and personal stories of resilience, participants learn the impact of long-term activation of the stress-response system, how trauma impacts the developing mind, attachment theory, the prevalence of childhood trauma, and research on strategies for breaking cycles of abuse. Participants also receive access to programs suitable for teens ages 14 and up. Recommended companion for SMHL, Suicide Prevention and Postvention, and 5 Minute Mindfulness™.

<p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• Understand the definition and clinical presentation of Adverse Childhood Experiences (ACEs) through expert documentary film interviews</li> <li>• Recognize the common comorbidities associated with trauma</li> <li>• Understand the connection between long-term activation of the stress-response system and the developing mind</li> <li>• Apply theoretical knowledge of attachment theory to practical clinical scenarios through an in-depth case presentation</li> <li>• Identify strategies for reducing toxic stress and effectively mitigating the risk created by trauma</li> </ul>	<p><b>EVIDENCE BASE &amp; DEPLOYMENT</b></p> <p>The Sharpen OA course has been deployed since 2017 across multiple settings: 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 health worker training, and as the trauma component of Sharpen®'s mental health literacy training program for college students, athletes, and coaches (Hussa-Farrell, Farrell &amp; Witt, 2021). Key references include: Felitti et al. (1998) ACE Study; van der Kolk (2003, 2005); Cohen, Mannarino &amp; Deblinger (2006); Siegel (2010); Siegel &amp; Bryson (2011); Bhushan et al., CA Surgeon General (2020).</p> <table border="1" data-bbox="743 1255 1421 1375"> <tr> <td data-bbox="743 1255 1084 1375"> <p><b>3.5 Hrs</b> NBCC-Approved CE</p> </td> <td data-bbox="1084 1255 1421 1375"> <p><b>5,000+</b> Foster Parents Trained</p> </td> </tr> </table>	<p><b>3.5 Hrs</b> NBCC-Approved CE</p>	<p><b>5,000+</b> Foster Parents Trained</p>
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**COURSE 2 | MINDFULNESS & STRESS MANAGEMENT**

**Five-Minute Mindfulness™ (5MM) for the Classroom**


4 Hours | NBCC Credit Available (ACEP No. 7243) | Yoga Alliance YACEP Approved

**Instructor(s): Robyn Hussa Farrell, MFA, E-RYT, YACEP**

Written in 2007 by Robyn Hussa Farrell, MFA, E-RYT, MBSR, the 5 Minute Mindfulness™ curriculum is an evidence-based school mindfulness program deployed across four phases over 17 years: clinical settings (2007-2012); school-based train-the-trainer programs (2013-2020); applied research producing peer-reviewed studies (2012-2021); and healthcare workforce delivery (2014-2026). Recommended companion to Overcoming Adversity and Suicide Prevention.

<p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• Apply at least two mindfulness-based stress reduction (MBSR) strategies to support their own wellbeing and the wellbeing of the clients they serve</li> <li>• Describe the neurological and psychological mechanisms by which mindfulness practice supports stress reduction, emotion regulation, and self-directed neuroplasticity</li> <li>• Demonstrate at least one 5 Minute Mindfulness™ technique suitable for use in a professional or clinical setting with students, patients, or clients</li> </ul>	<p><b>EVIDENCE BASE &amp; DEPLOYMENT</b></p> <p>Practice-based evidence review (Hussa Farrell, 2025): 321 SC educators across 11 cohorts (2019-2020); K-2 literacy study n=30 (Bauer et al., 2020); adolescent athlete pilot n=16 using CAMM, SAS-2, TSCI (Patrizi et al., 2019); NYC healthcare workforce cohorts (Rios et al., 2024). 5,000+ SC educators trained through USC Upstate Resilient Schools (Parker et al., 2020). Among 700 Spartanburg D7 educators: 92% increased confidence managing mental illness; 86% increased student engagement (Anderson et al., 2017).</p> <table border="1" data-bbox="743 1184 1419 1335"> <tr> <td data-bbox="743 1184 1084 1335"> <p><b>321</b> Documented SC Participants (2019-2020)</p> </td> <td data-bbox="1084 1184 1419 1335"> <p><b>p=.001</b> Suicide Risk Confidence Gain (VNS)</p> </td> </tr> </table>	<p><b>321</b> Documented SC Participants (2019-2020)</p>	<p><b>p=.001</b> Suicide Risk Confidence Gain (VNS)</p>
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<p><b>MULTI-COHORT OUTCOMES (HUSSA FARRELL, 2025; N=321)</b></p> <ul style="list-style-type: none"> <li>• SC educator cohorts (n=241, 2019-2020): 88.4% more confident in self-care/mindfulness; 84.3% more confident leading activities; 90.0% more likely to bring 5MM to their setting; 93.9% learned something new; 99.7% agreed instructor was qualified (Hussa Farrell, 2025).</li> <li>• Athlete pilot (Patrizi et al., 2019; n=16): significant 8-week gains in sport confidence (p=.001), anxiety reduction (p=.021), performance (p=.005), mindfulness (p=.031).</li> <li>• LEAP literacy study (Bauer et al., 2020; n=30 K-2): 100% growth across all 5 literacy dimensions and all 6 SEL domains.</li> <li>• VNS Health workforce (Rios et al., 2024): 5MM confidence 3.56 to 4.04; Suicide Risk Management SES 29 to 32 (t=-3.47, p=.001); 90% satisfied; 90% would recommend.</li> </ul>
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**COURSE 3 | EATING DISORDERS**

**Sharpen Eating Disorder Awareness and Prevention (SEDAP)**

6 Hours | Not available for NBCC credit

**Instructor(s): Featuring National Expert, Patient & Family Documentary Segments**

Developed over 15 years in collaboration with researchers in disordered eating prevention, this 6-hour evidence-based course features national experts, patients, and family members in a documentary-style learning experience. School professionals, educators, parents, coaches, and community leaders learn about six types of eating disorders, female athlete triad syndrome, binge eating disorder, weight stigma reduction, and concrete strategies for early identification and referral. Recommended prerequisite: SMHL.

**LEARNING OBJECTIVES**

- Increase knowledge about the six types of eating disorders with a focus on female athlete triad syndrome, binge eating disorder, and weight stigma reduction
- Engage with national experts to learn best practices in eating disorder prevention and early intervention
- Improve strategies for early identification, screening, and helping someone who is struggling
- Learn concrete strategies for building body esteem and healthy coping skills
- Understand evidence-based dietetics models that address obesity prevention and eating disorder risk

**EVIDENCE BASE & DEPLOYMENT**

Nationally recognized; documentary films featured at NEDA and IAEDP conferences and used in 500+ academic institutions and treatment centers. Deployed to 5,000+ educators in 14 states including Reading PA (Reading Hospital), Wisconsin School Nursing Association (AACAP-funded), and Weston CT schools. 90%+ consistently agreed it was a good use of time. Foundational feasibility study: Anderson, Holody, Flynn & Hussa Farrell (2017). *Eating Disorders: Journal of Treatment and Prevention*.

**5,000+**

Educators and professionals  
in 14 States

**96%**

Agreed: Improved Patient  
Empathy

**CLINICAL OUTCOMES**

- Prisma Health pilot (2015; n=28 pediatricians/residents): 96% agreed trainings assist in empathizing with patients; 91% agreed they assist in diagnosing eating disorders; 96% agreed they improved communication with patients and parents; 91% rated the training Good to Excellent; 0% rated it Fair or Poor.
- Community health worker pre/post study (Smith, Fadel, Stoner et al., submitted 2025, *Journal of Preventive Medicine and Public Health*): significant confidence increase to recognize and manage eating disorders (mean +3.90 points; p=0.0078, Wilcoxon Signed Rank test). Funded by VCOM seed grant and Spartanburg Regional Foundation.

**COURSE 4 | SUICIDE PREVENTION & POSTVENTION**

**Sharpen Suicide Prevention**

4 Hours | Not available for NBCC credit

**Instructor(s): Alex Karydi, PhD, LMFT & Taylor Davis, Ed.S, LPC**

This course translates public health evidence on suicide risk and protective factors into practical, strength-based tools for professionals working with youth. Using Sharpen®'s long-form documentary interview format, participants hear directly from national suicidologists and community experts. The curriculum was developed using the same approach as all Sharpen® courses: filmed interviews with experts, modular delivery, and a strength-based framework grounded in published prevention science.

**LEARNING OBJECTIVES**

- Recognize warning signs and modifiable risk factors for suicide across developmental stages
- Identify evidence-based, public health protective factors and how to amplify them in practice
- Apply strength-based, youth-centered approaches to prevention conversations
- Discuss gatekeeper strategies appropriate for school, clinical, and community settings
- Understand the intersection of trauma, adverse childhood experiences (ACEs), and suicide risk

**EVIDENCE BASE & DEPLOYMENT**

The course draws on evidence-based models including CONNECT Postvention, Living Works programs, and Sources of Strength (Wyman et al, 2025; Bailey et al., 2017; Shannonhouse et al., 2017). The Sharpen® suicide prevention curriculum was developed over five years in collaboration with the Spartanburg, South Carolina suicide prevention task force, created and led by Robyn Husa Farrell in 2017 with the SC Office of Suicide Prevention. Dr. Alex Karydi wrote the suicide prevention plan for the state of South Carolina and for SC schools through the Department of Education. The 5MM program was integrated as a core component of prevention toolkits available to youth (Karydi, Davis & Husa Farrell, 2017-2023).

**5+ Years**

Curriculum Development

**95%**

Recommend to Others

**OUTCOMES (RIOS & BIBER, 2024)**

- Deployed as part of the VNS Health Safe Pathway program since 2022.
- Full program outcomes documented in Rios & Biber (2024) show significant improvements in provider confidence in suicide risk assessment, safety planning, crisis intervention, and resource connection.
- Stigma scores improved from 43 to 39 on the OMS-HC.
- 95% of participants recommended the training to others.

## Course 4, Part 2: Suicide Postvention

**Instructor(s): Alex Karydi, PhD, LMFT**

Postvention, the organized response following a suicide loss, is an essential and often under-resourced component of community mental health. This 1-hour course prepares professionals to lead compassionate, evidence-based responses that reduce contagion risk and support survivors. Using Sharpen®'s documentary format, participants hear from national suicidologists on safe messaging, contagion risk, and the practical steps organizations must take in the aftermath of a suicide loss.

<p><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• Define postvention and distinguish it from prevention and intervention</li> <li>• Explain the mechanisms of suicide contagion and evidence-based mitigation strategies</li> <li>• Identify best practices in safe messaging for communicating about suicide after a loss</li> <li>• Apply media guidelines from AFSP, SAMHSA, and the Suicide Prevention Resource Center (SPRC)</li> <li>• Access a curated library of postvention resources for professionals and communities</li> </ul>	<p><b>EVIDENCE BASE &amp; DEPLOYMENT</b></p> <p>The course references evidence-based postvention models including CONNECT Postvention and SPRC guidelines. Safe messaging guidance is drawn from AFSP and SAMHSA standards. The Sharpen® postvention curriculum was developed as part of the five-year Spartanburg, SC suicide prevention initiative and subsequently incorporated into the VNS Health Safe Pathway program serving New York City healthcare workers (Karydi, Davis &amp; Husa Farrell, 2017-2023).</p> <table border="1" data-bbox="743 1016 1417 1129"> <tr> <td data-bbox="743 1016 1084 1129"> <p><b>5 Years</b> VNS Health Partnership</p> </td> <td data-bbox="1091 1016 1417 1129"> <p><b>90%</b> Would Recommend</p> </td> </tr> </table>	<p><b>5 Years</b> VNS Health Partnership</p>	<p><b>90%</b> Would Recommend</p>
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<p><b>OUTCOMES (RIOS &amp; BIBER, 2024)</b></p> <ul style="list-style-type: none"> <li>• Deployed as part of the VNS Health Safe Pathway program since 2022, reaching social workers, nurses, case managers, and mental health professionals in NYC.</li> <li>• Full program outcomes in Rios &amp; Biber (2024) demonstrate significant pre/post improvements in provider confidence and reduced stigma.</li> <li>• Over 200 certificates issued through the VNS Health partnership.</li> <li>• 90% of participants agreed or strongly agreed they would recommend the training to others.</li> </ul>
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**COURSE 5 | MENTAL HEALTH LITERACY**

**Sharpen Mental Health Literacy (SMHL)**

5 Hours | Not available for NBCC credit

**Instructor(s): Featuring National Expert Documentary Segments**

This five-hour evidence-based course covers the four pillars of a mental health literacy framework (Kutcher et al., 2016): protective factors for mental wellness, training on mental health topics, history of stigma, and best practices for assisting someone who is struggling. The course also includes introductions to mindfulness, trauma and toxic stress, suicide prevention, disordered eating prevention, and mentoring best practices. Deployed since 2017 with over 1,600 college students, 270 medical students, 5,000 parents, 2,500 educators, and 1,500+ youth ages 12 and up.

**LEARNING OBJECTIVES**

- Identify the four pillars of a mental health literacy framework and apply them in professional practice
- Understand the history of mental health stigma and cultural barriers that prevent help-seeking
- Apply introductory knowledge of trauma, ACEs, and toxic stress to prevention programming
- Recognize risk and protective factors for suicide and disordered eating
- Develop strategies for getting mental health conversations started in school and community settings

**EVIDENCE BASE & DEPLOYMENT**

Deployed since 2017 across 1,600+ college students, 270 medical students, 5,000 parents, 2,500 educators, and 1,500+ youth. Studies show decreased stigma (Fadel et al., 2022) and six qualitative outcome themes: Help-Seeking, Stress Management, Resource Guidance, Warning Sign Recognition, Body Image Awareness, and Mentee Engagement (Biber et al., 2022). Based on Kutcher et al. (2016) four-pillar MHL framework.

**94%**

Educators: More Likely to Act

**9,000**

Deployments

**SMHL OUTCOMES (2018-PRESENT)**

Sharpen Mental Health Literacy has been evaluated across multiple populations in peer-reviewed research, with consistent findings of large-effect literacy gains and meaningful stigma reduction. In a pre-post evaluation integrated into an undergraduate health science course at the University of West Georgia, students demonstrated high assessment scores, reduced stigma, and improved capacity to support struggling peers (Levy et al., forthcoming). A process evaluation with VCOM medical students found significant improvements in mental health literacy and stigma, with participants reporting increased confidence discussing mental health with both peers and patients (Fadel et al., 2024). A retrospective analysis of Sharpen use among undergraduate and medical students during COVID-19 documented real-world scalability with engagement rates substantially exceeding digital health benchmarks (Berreta et al., 2023). In a qualitative study with college peer mentors, all participants demonstrated comprehension of crisis protocols, the large majority reported significantly greater preparedness for mental health conversations, and nearly all showed improved understanding of the connections between trauma, eating disorders, and suicide risk (Biber & Rothman, 2024). Studies with foster parents found significant improvements in resilience and self-compassion, with completion rates far exceeding typical digital program attrition (Biber, 2023; Biber et al., in review). Across South Carolina educators, the large majority reported greater confidence referring students to mental health resources, increased readiness to initiate mental health conversations, and greater likelihood of bringing prevention programs into their schools (Hussa Farrell et al., 2018).

**COURSE 6 | DISSOCIATIVE IDENTITY DISORDER**

# The Integration of Sylvia the Wood Nymph: A Five-Part Training on Dissociative Identity Disorder

5 Hours | 5 CME/CNE/CEU via Galen Mental Health | Not available for NBCC credit

**Instructor(s): Timothy D. Brewerton, MD, DLFAPA, FAED, DFAACAP, CEDS-S**

Sharpen® is honored to collaborate with Timothy D. Brewerton, MD on this five-part, five-hour training on Dissociative Identity Disorder. The course begins with an actual therapy session in which Dr. Brewerton discovers that a patient who came to him for depression and binge eating in fact suffered from DID and a history of extensive trauma. Participants view archival video clips taken across years of treatment, observing the dissociative process, the presence of identified alters, and ultimately Sylvia's full integration.

**LEARNING OBJECTIVES**

- Explain the historical development of the concept of dissociation, multiple personality disorder (MPD), and dissociative identity disorder (DID)
- Compare the adaptive functions of the various alters identified and described in this case presentation
- List the DSM-5 diagnostic criteria for Dissociative Identity Disorder (DID)
- Describe modern neurobiological findings that support the validity of DID
- Summarize the major principles of DID treatment

**EVIDENCE BASE & DEPLOYMENT**

Timothy D. Brewerton, MD, DLFAPA, FAED, DFAACAP, CEDS-S is Affiliate Professor of Psychiatry & Behavioral Sciences at the Medical University of South Carolina. He holds board certifications in general, child-adolescent, and forensic psychiatry, and addiction medicine. Distinguished Life Fellow of the American Psychiatric Association; Distinguished Fellow of the American Academy of Child and Adolescent Psychiatry; Founding Fellow and former Board Member of the Academy of Eating Disorders (AED); author of more than 170 articles and book chapters, editor of 2 texts, and has given more than 400 presentations nationally and internationally.

**5 Hours**

CME/CNE/CEU Credit

**APA 2026**

As seen at American Psychiatric Association annual meeting

**PEER ENDORSEMENTS**

"DID is much more common than previously thought. Seeing archival footage of how Sylvia's DID comes to light in treatment is truly a gift. Dr. Brewerton walks through the adaptive function of different identities so they can be safely integrated." -- Theresa Fassihi, PhD, FAED, CEDS-S, Encourage Trauma Center, Houston TX

"This course will provide the new clinician or the most seasoned professional with unique insights into treating this most challenging clinical population." -- Heather Hower, MSW, LICSW, UCSD School of Medicine / Brown University

## Getting Started

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### Bring Sharpen® to Your Team

All six courses are available through the Sharpen® platform at [sharpenminds.com](https://sharpenminds.com). Courses can be accessed individually or as part of a bundled professional development package. Organizations interested in deploying Sharpen® as a branded professional development hub should contact us to discuss implementation options, pricing, and CE administration.

<b>FOR INDIVIDUALS</b>	<b>FOR ORGANIZATIONS</b>	<b>FOR HEALTH SYSTEMS</b>
<p>Access all 6 courses at <a href="https://sharpenminds.com">sharpenminds.com</a>. Each course includes a downloadable completion certificate.</p> <p>See <a href="https://sharpenminds.com">sharpenminds.com</a></p>	<p>Deploy Sharpen® as your organization’s branded professional development platform. Contact us for volume pricing, onboarding support, and CE administration.</p> <p>Get in touch at <a href="mailto:info@sharpenminds.com">info@sharpenminds.com</a>.</p>	<p>Clinical and payor-facing solutions at <a href="https://sharpenhealth.com">sharpenhealth.com</a>. Our clinical team supports EHR integration, CAT-MH® screening, and outcomes reporting.</p> <p>See <a href="https://sharpenhealth.com">sharpenhealth.com</a></p>

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